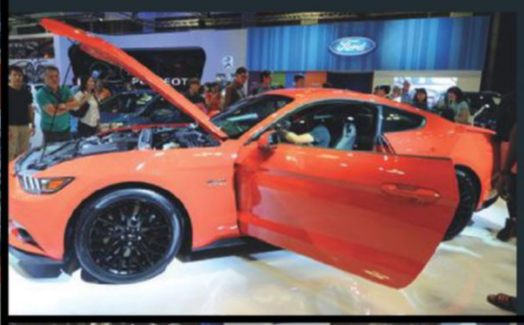

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Singapore's premier motoring event welcomed over 52,000 visitors in just four days!



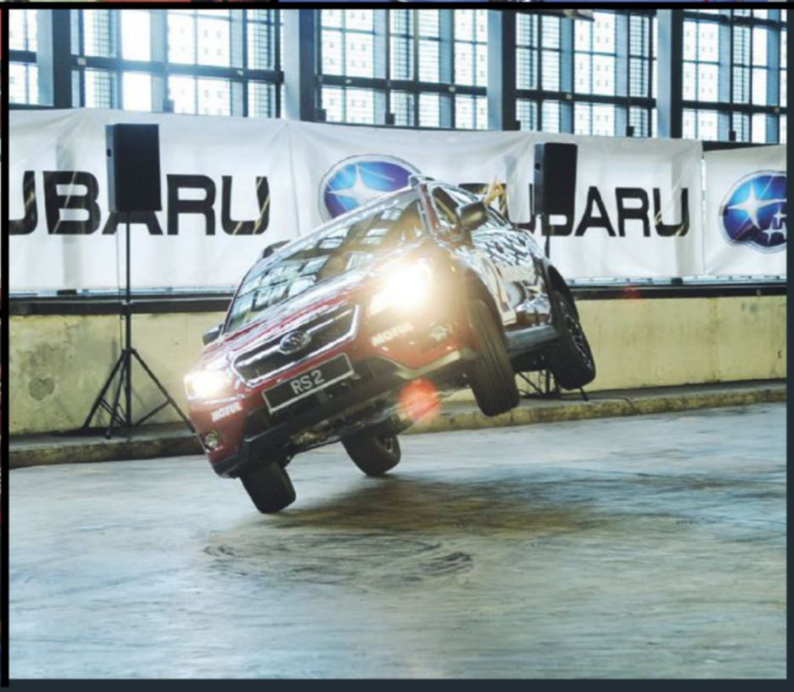












After an absence of almost seven years since the last show in September 2008, the *Singapore Motorshow* made its long-awaited comeback over four days from 15 to 18 January 2015 at Suntec Singapore. And what a comeback it was as tens of thousands thronged the $6-ticketed event.

Although it was shorter than the 10-day duration of past shows, there was still no lack of premieres, launches and displays of the latest from the world's leading automobile brands. From concept cars to hybrid cars, passenger cars, commercial vehicles, accessories and simulation drives, there was just about something for everyone.

World-renowned stunt driver Russ Swift also made a return – his precision steering and parking skills, as well as driving a car on two wheels, still had the audience's hearts in their mouths.

Speaking of hearts, what's a motor show without some sex appeal? Car babes and *FHM* Models were present to wow shutterbugs and set a few hearts fluttering.

This year's motor show also upped its star-studded quotient with the appearance of several MediaCorp artistes that included Chua Enlai, Yasmine Cheng, Elvin Ng, Paige Chua, Terence Cao, Chen Liping and Hong Hui Fang. DJ Mike Kasem was also on hand to host some games.

The *Singapore Motorshow 2015* had been an exhilarating visual treat with which to kick start the year. Let's hope that the next iteration of the *Singapore Motorshow* will not be too long in the making… We want more!

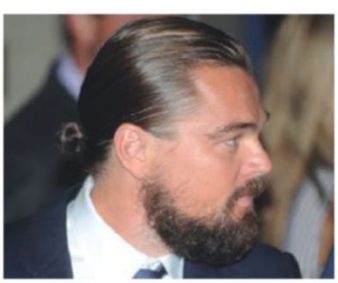
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LOOK AWAY NOW IF YOU DON'T WANT TO KNOW WHAT'S IN THE ISSUE.



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EVERYTHING A MAN NEEDS. AND MORE.



#197

AIMEE CHENG-BRADSHAW WEARS COTTON BRA, BY ETAM. POLKA-DOT COTTON PANTIES, BY LA SENZA. SOCKS, STYLIST'S OWN. ALL JEWELLERY, BY FOREVER 21. ART DIRECTION: DANNII CHOO; PHOTOGRAPHY: NICKY LOH; STYLING: CHERYL CHAN; PHOTOGRAPHY ASSISTANCE: HIZUAN ZAILANI; HAIR: AARON NG/DECORUM; MAKEUP: MICHELLE CHIN/9154-0169 USING BURBERRY BEAUTY. LOCATION: SOFITEL SO SINGAPORE.

EDITOR'S LETTER...

There are infinite types of fear, ranging from those associated with clear and present dangers to more irrational ones like caligynephobia (fear of beautiful women) and arachibutyrophobia (fear of peanut butter sticking on your palate). You either choose to stand up to some of these terrors or wisely avoid them.

In this issue, we salute a group of **fearless individuals**, who have stuck up their middle finger to fear, said "damn you" and confronted it — to better their own and others' lives. We also address your **worst sex fears** ("does my jism tastes disgusting?") and compile a **how-to guide** to boost your manhood.

And if you indeed suffer from caligynephobia, let us show you why your fears are unfounded through candid interviews with gorgeous — and totally unassuming — hotties **Aimee Bradshaw-Cheng**, **Ashley Roberts** and **Megan Long**.

On our flip-side, Upgrade, we highlight the often-misunderstood game of **golf**, with a profile on the local professional who is helping to put it on sport's hip list. A select group of super-fit athletes also share tips on **how to stay in tip-top shape**.

Finally, what is a men's journal without *real* boy toys? Our staff puts the latest **Nerf Blaster** to the test and finds out how modification can bring your arsenal to the next level.

Now, time to go out and play.

Dennis Yin, Editor



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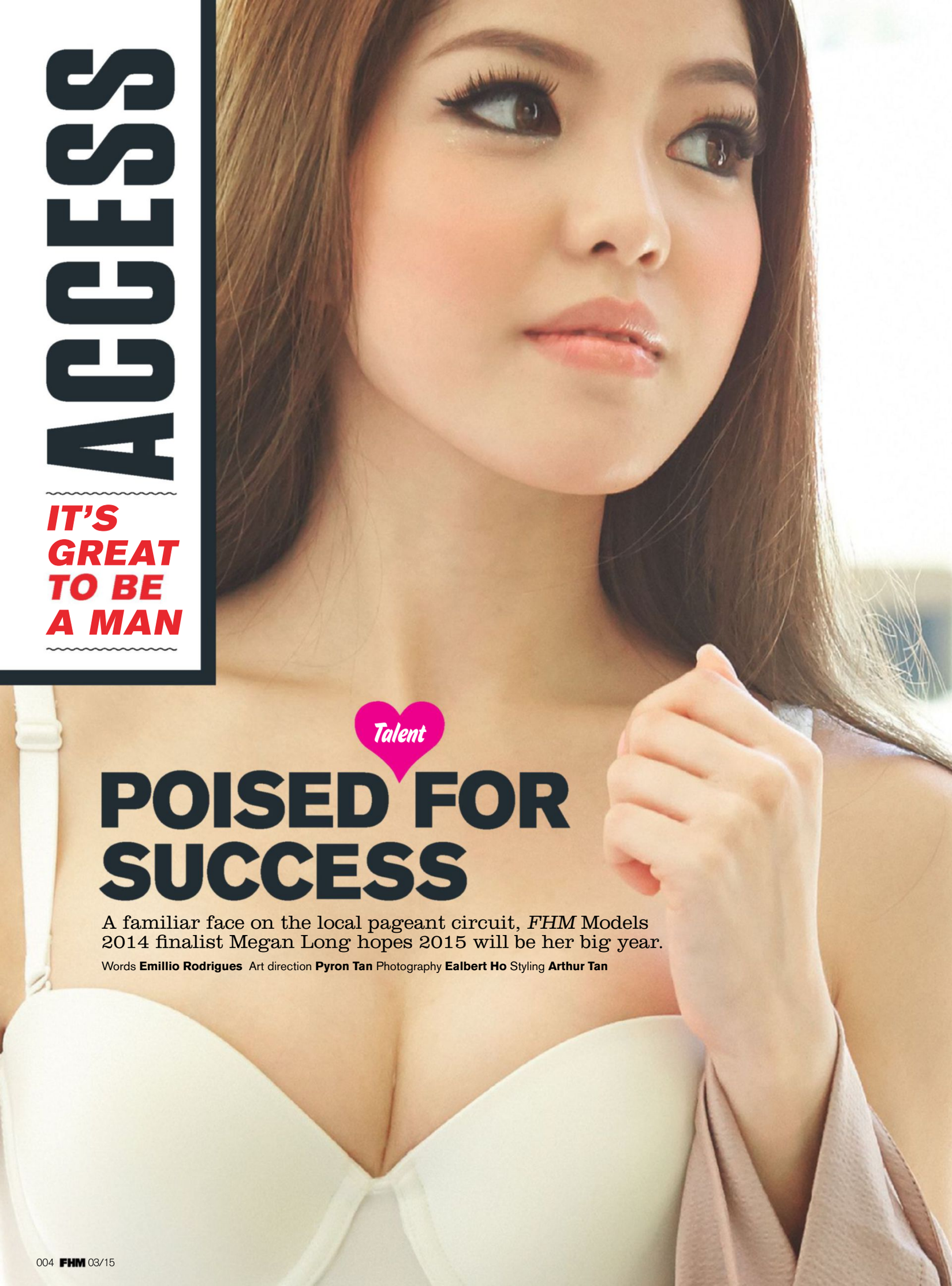
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ACCESS

IT'S GREAT TO BE A MAN



Talent

POISED FOR SUCCESS

A familiar face on the local pageant circuit, *FHM* Models 2014 finalist Megan Long hopes 2015 will be her big year.

Words **Emillio Rodrigues** Art direction **Pyron Tan** Photography **Ealbert Ho** Styling **Arthur Tan**



BRA, BY TRIUMPH.
KIMONO, BY ETAM.

MAKEUP: EUGENE GOH
USING NARS; HAIR: LOUIE/
SALON CANVAS/9795-4656
USING MAKE UP FOR EVER.
LOCATION: RAINTR33 HOTEL .

WHO'S SHE?

Age: 24
Occupation: Model
Likes: Dancing and playing *guzheng*.
Dislikes: Darkness and lightning storms.
Instagram: @meganlong



BRA, BY TRIUMPH.
BRIEFS. BY COTTON
ON BODY.

Talent

What's the funniest thing a guy has said to get your number?
Hi, can I have your number? You look a lot like my next girlfriend!
What do you do in your free time?
I love to dance. Although I'm busy with school and work, I still try to make it for [*dance*] classes.
What kind of dance do you do?
I enjoy reggae and hip-hop but I was made to do Chinese dance in junior college — which wasn't the most pleasant moment in my life. But I'm glad I did it because I made many friends and we received the silver medal at the Singapore Youth Festival. In hindsight, it wasn't so bad.
Will you be joining more dance competitions in the near future?
Not at the moment; I treat dance as my hobby and something I do to relax after a busy week. Plus, I'm focused on my pageant later this August — it's an international pageant called Miss Chinese Cosmo.
What will you be doing in the talent segment?
I'm going to play the *guzheng*. It is an instrument I picked up in Primary school. I'm still a little rusty but hopefully I'll be ready by August.
Why do you enjoy taking part in pageants?
I love getting recognised for my effort. The way your body looks, the way you answer questions and the way you perform are all signs of the dedication you've put in throughout the months.
How do you get in shape?
I don't believe in fad diets and detoxes. I just make sure I eat and sleep right in the months leading to the pageant.
Wouldn't it be tough especially in a food paradise like Singapore?
Yes. The toughest part about pageants is giving it your utmost mental and physical commitment.
What's one misconception people have about pageant contestants?
Most people think we're just empty vessels with pretty faces. In reality, a lot of us have achieved a lot in terms of education and work.
What makes it all worth it?
When people remember you for your persona and character; it goes to show that your effort hasn't gone to waste. I find it heart-warming when people come up to me after the show and ask for pictures or to talk about my performance on stage.
Does anyone remember you from *FHM* Models 2014?
Of course! I've been laying low while completing my degree last year so hopefully I'll see some familiar faces at the pageant this year.
Has that competition helped you in your pageant career?
It definitely made me more popular and it gave me tons of confidence. **FHM**



WEIRD WORLD

EIGHT THINGS YOU ONLY DO IN FRONT OF A GIRLFRIEND AFTER SIX MONTHS



Pick Your Nose

You wouldn't blatantly de-booger yourself in front of your girlfriend but you *will* risk picking your nose while she's not looking. And when she catches you knuckle-deep in nostril-gunge, you'll both pretend it never happened, and that the end of your romance didn't just begin.

07

Have a bath

Having a shower is manly: You're standing in a red-hot rainstorm. A bath, however, is not something that a fully grown man should do in front of a woman during the early stages of their relationship. Gosh, just look at you, with your soothing Shokubutsu bubbles and your little flannel and your unruly dick and balls swaying about the place. Unless you're a weather-beaten oil-rig worker who's just returned from a gruelling six-week shift, steer well clear of tubs.



06

Attempt a potentially impossible task

During those first six months, you're looking to give her the impression that while you're a freakishly strong he-man capable of lifting 20 times your own body weight, you're also lovably humble, and don't wish to show off your incredible brawn. That's why you didn't offer to help her grandpa when he couldn't get the lid off that jar of pickled onions. It certainly wasn't because you were afraid you wouldn't be able to do it either, and you'd look like a flimsy armed weakling. Good gracious, no.

05

Reveal your love of lowbrow crap

You have 24 Miley Cyrus songs on your phone; you've seen every single episode of *Keeping up with the Kardashians*; and you've paid actual money to sit in a cinema and watch a *Transformers* movie, not once, but twice. Of course, none of this is information you'll share during the wooing stages, when you're trying to give the impression that you're a cool, cultured hipster who's definitely not into watching *Storage Wars*.

04

Spin an elaborate lie

Only when you're deeply in love and completely at ease with someone is it possible (or necessary) to spin them an elaborate web of bullshit while maintaining the deadpan, sincere expression of a psychopath lying during a murder trial.

03

Adopt unflattering poses while naked

In the early stages of a relationship, you seek to remain suavely irresistible at all times, particularly when nude in front of your ladyfriend. That's why you'll avoid bending over and giving her an eyeful of bumhole, or striding around the bedroom in just T-shirt and socks. Six months in, however, and all bets are off: You're sat on the edge of the mattress, naked but for a pair of whiffy Muji slippers, forlornly draped against the bed-frame as you blankly peel away strips of dried skin from your heels…

02

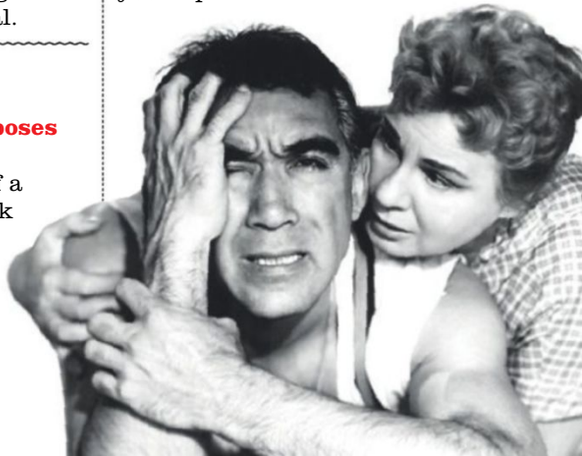
Admit to having masturbated

Deep down, she knows that if you're left alone with a Wi-Fi connection and three spare hours, you will fall prey to the sordid pleasures of porn-powered self-abuse. But during those first few months, neither of you will confront that fact. On the contrary, you might even share a joke or two about the kind of sleazeball who engages in such behaviour. Haha, those sweaty-palmed pervs, with their complete lack of self-control! Hahaaa. It's so gross. Who *does* that?

01

Experience real pain

You still feel pain during those first six months, but you'll shake off any injury like you're a US marine in an '80s action movie. Electric shock from the toaster while making your girlfriend crumpets? You may want to curl into the foetal position but you'll simply wince, chuckle and blow on your fingers a little before scuttling off to the bathroom to wipe away tears and bite down hard on your lip.



WORDS: JOE MADDEN. PHOTOS: TPG IMAGES/GLOCK PHOTOS.

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Essays for Men



IS THE INTERNET TURNING US INTO GHOULS?

From real-life murder in *Serial* to people being beaten to a pulp on YouTube, why are we getting our kicks from extreme brutality?

How much time needs to pass before something unpalatable is fair game for entertainment fodder? There may well exist descendants of Jack the Ripper's butchered victims who find the $24 price of a ticket to tour East London's most infamous murder haunts a bit of a rum deal. Similar accusations of ghoulishness are levelled at the millions of fans who listen to the real-life murder podcast, *Serial*, which came to a climax at the end of last year.

The premise was a simple one: American journalist Sarah Koenig was to investigate the alleged wrongful conviction of Baltimore man Adnan Syed – jailed in 2000

WORDS: SI CUNNINGHAM. PHOTOS: TPG IMAGES/CLICK PHOTOS

for the murder of high-school student Hae Min Lee. Much like a HBO drama or *MasterChef*, the series was to be broadcast on a week-by-week basis as new facts came to light, peppered with star-witness interviews, cliffhanger endings and a direct line to the convicted killer himself — still holed up in a Maryland correctional facility.

The series was 2014's undoubted sleeper hit — sleuthing its way to number one in the podcast charts worldwide, spawning spin-off podcasts, and earning itself a place in the "pop culture hall of fame" along the way, with all the Twitter hashtags and gaudy BuzzFeed articles [Fig.1] you could shake a selfie stick at. But amidst the Serialapalooza were, and still are, niggling voices of concern that such widespread synthetic hype and entertainment can be extracted from the murder-by-strangulation of a 17-year-old girl. Which poses the question: Is it weird to like entertainment based around very real, very violent crime?

We're all rubber-neckers by nature. It's why most post-accident queues aren't caused by blocked roads, but by people slowing down to catch a glimpse of the wreckage. It's why *Mail Online* — the world's most-read online news source — often sees currency in using the most graphic imagery to illustrate horror stories. Why gristly segments of the Oscar Pistorius trial were repackaged into bite-sized *Archers*-like segments [Fig.2]. Why it's seemingly okay to post beheading videos on social media, but topless images are still a no-no on Facebook. And it's also why the likes of *The Pain Olympics* and *World Star Hip Hop* (with millions of daily hits) serve to satisfy the online community's insatiable appetite for videos of men having their faces and testicles pulverised.

The truth is, we humans possess a morbid fascination with the macabre and we always have done. It's just so much easier to share in 2015. *Serial* is no different from the forensic examination of Baltimore's '80s murder pandemic in David Simon's 646-page masterpiece, *Homicide*. Like in *Serial*, the suspects, victims, witnesses and officials named in *Homicide* are all real people, and at times their testimonies and personalities are poured over, picked apart and challenged. Both David Simon and Sarah Koeing serve to bring the grim, extraordinary and often misrepresented realities of murder into our very ordinary lives. The reporting is always responsible and respectful of those who decline to be involved. In that vein, it's no different from, say, a documentary programme on the Adrian Lim murders or a YouTube video on Mexican murder squads.

The difference is in how the messenger has changed. Whereas 20 years ago a news reporter might hold back on reporting the graphic details of a terrorist atrocity, we now have instant access through Twitter, to Isis videos of beheadings. Likewise, where real-life horror was repackaged for entertainment purposes, it was restricted to grubby magazines and illegal snuff films that would have caused national outrage had there been a whiff of mainstream about them [Fig.3]. Yet this is all stuff that you can gleefully ask Siri to find *pronto* for you in 2015 (although we wouldn't recommend doing that in Starbucks while researching an article for *FHM*). As a result, we're all a bit more desensitised to the horrors of the world. The murky waters of the Internet are making it ever-more enticing for very normal people to immerse themselves in very unfamiliar, often unpleasant territory, and it's even impacting judicial processes. In 2012, a juror in a trial at Luton Crown Court in the UK was jailed for six months after undertaking a spot of online sleuthing into the gory details of her case as a result of being dissatisfied with the direction the prosecution was taking. The popularity of podcasts such as *Serial* will undoubtedly have an effect on criminal justice, just in the way that shows such as *CSI* have had an unprecedented influence (the so-called "*CSI* effect") on the expectations of jury members. A "Reddit court" also sprang up in the wake of the 2013 Boston bombings, in which evidence was gathered and exchanged, and a shortlist of "suspects" where publically identified by the online community [Fig. 4]. All were totally innocent, it transpired. The law may be an ass, but the Internet is potentially a total wanker.

I have a startling confession to make about *Serial*: I think much of it is pretty boring. Forensic. Probing. At times irrelevant. But such is the nature of a criminal investigation, as Sarah Koenig frequently points out. It's not weird to be interested in a story that potentially unearths a miscarriage of justice, nor is it a crime to occasionally cave into human nature and get over-excited about the results of an autopsy, or whatever. And, who knows, had the Whitechapel of 1888 been as full of tech-savvy sleuths as it is today, they might even have foiled Saucy Jack…



Fig.1
At the time we went to press, there were 12 separate *BuzzFeed* articles about *Serial*. O, M and indeed G.



Fig.2
Media monitoring group Data Driven Insight reported that over a nine-day period the Pistorius trial generated 750,000 news stories worldwide. More than the World Cup.



Fig.3
Hard to imagine this guy causing as big a furore now — *The Texas Chainsaw Massacre* was banned in Singapore from 1974 (its release date) to 2004.

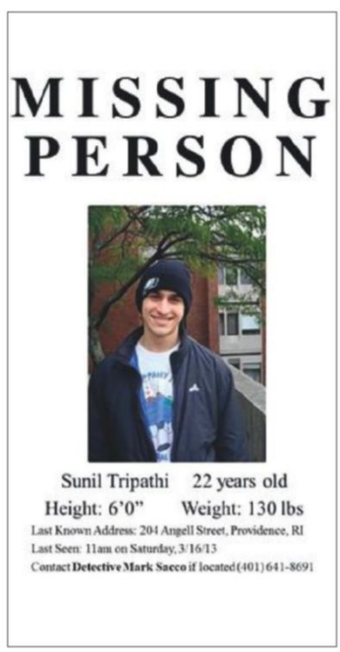


Fig.4
Reddit had to apologise to the family of Sunil Tripathi, a missing teenager, who the website wrongly identified as a "suspect" in the Boston bombings. Tripathi had in fact killed himself.

UPGRADE YOUR PARTY TRICKS WITH SOME BONA-FIDE MAGIC



THE BEST CARD TRICKS NEED A GOOD DECK.

Learn how to wrap an entire room around your sneaky little finger…



Magician, comedian and all-round trickster Paul Zenon is one of the pioneers of street magic. The professional swindler has spent the last two decades causing people's jaws to hitthe floor on both stage and television, and has written several best-selling books on deception. Now he's here to share the tricks of the trade…

01

HANDS AREN'T QUICKER THAN THE EYE

"People tend to think the foundation of magic is manual dexterity. It's actually a combination of lots of other things like applied psychology coupled with acting. The misdirection is more important – making people see what they need to see."

02

BOOKS AREN'T DEAD

"There's a trend these days for learning from YouTube videos and instructional DVDs but there's so much more value in books. They encourage you to think and not just copy someone else's performance. I used to get the same two books out of the library every week: *The Amateur Magician's Handbook* by Henry Hay and *The Royal Road To Card Magic* by Jean Hugard and Frederick Braue. I still go back to them now."

03

ANYTHING CAN BE AMAZING

"If you see a joke written down on paper, it doesn't usually look very funny because it depends on delivery. If 10 people told that joke, you'd quickly notice everyone does it in a slightly different way. One or two of them will make it hilarious. Magic tricks are the same; they can be terrible or absolutely brilliant."

04

IT'S NOT ABOUT SECRETS

"The secret of a magic trick is not actually that important, it's just one part. It's like saying that the secret of The Beatles was that they were just sliding their fingers up and down metal strings and making noises with their voice. It's technically what they were doing, but it's not the whole deal. Like music, it's about putting on a performance, not just throwing a few tricks at people."

START BY LEARNING THE BASICS FROM THESE TWO BOOKS, *MODERN COIN MAGIC* AND *THE ROYAL ROAD TO CARD MAGIC*.

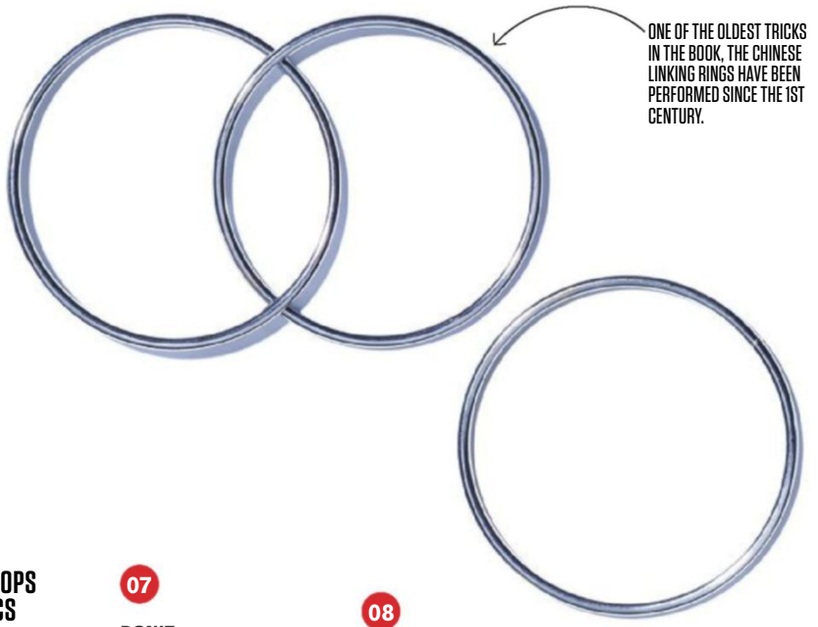




THE CUPS AND BALLS TRICK WAS USED TO ENTERTAIN THE PHARAOHS OF ANCIENT EYGPT.

WORDS: *FHM* UK. PHOTOGRAPHY: BECKPHOTOGRAPHIC.COM AND MARCO WITTUR.





ONE OF THE OLDEST TRICKS IN THE BOOK, THE CHINESE LINKING RINGS HAVE BEEN PERFORMED SINCE THE 1ST CENTURY.

05

DON'T BE A SHOW-OFF

"A famous magician called Slydini once said, 'Confusion isn't magic' and it's true. Just because you don't know how something's done, doesn't make it entertaining. People often don't like the idea of someone getting something over them. It can make you look like a bit of a dick who's trying to make people think he's Superman. Aim to impress people, not show off."

06

CUT YOUR CHOPS ON THE BASICS

"If you start by learning sleight of hand, you'll never be stuck when someone challenges you to perform just because you don't have props like playing cards. You could just grab a banknote or a coin, or vanish someone's cigarette and blow their mind wide open."

07

DON'T OVERCOMPLICATE IT

"You never know how people will react. I've shown audiences tricks in the past that are incredibly simple and they've been absolutely blown away. Other times, I've spent weeks learning something and people just react with a shrug and go, 'Yeah… very clever.'"

08

HECKLERS ARE LIKE SHARKS

"If you're a smart ass or aggressive, you'll invite the same back. It's a question of making people like you, and the only way to learn that is through experience. The best way to deal with a heckler is to not let them know that you care. If they smell blood, they'll go for your jugular."

Street Magic by Paul Zenon is available from Carlton Publishing



THE OLD DISMEMBERED THUMB TRICK, GUARANTEED TO SCAR CHILDREN FOR LIFE EVERYWHERE.

The vanishing cigarette trick

Make your friends think you're a sleight-of-hand messiah by making a borrowed cigarette vanish right in front of their eyeballs…



Borrow a cigarette from someone. Before they give it to you, moisten the back of your thumb with your drink or a bit of spit.



Hold the cigarette so that it's poking out of the top of your fist, sticking the paper end of the fag to the moist bit on your thumb.



Make some distracting waves with your hand and quickly straighten your thumb. The cigarette should be hidden behind your hand.



Make the cigarette reappear by folding your thumb back down in a swift motion.

GEAR

THE DILEMMAS OF MAN

ARE MY PJS CRAMPING MY STYLE?

Every gent should look as good after dark as he does in the day…

Photography **Marco Vittur**
Words ***FHM* UK**

PYJAMAS, BY PAUL SMITH. SLIPPERS, FROM BEDROOMATHLETICS.COM. PILLOW CASE, FROM DEBENHAMS.COM.



BEDHEAD
You only have to look at the sheer number of hair products on the market dedicated to the bedhead aesthetic to realise that achieving this look "au natural" can only be a good thing. Embrace your messed-up 'do.

CLEAN LINEN
Never ever refer to your bed as "The Love Factory", "The Quilted Palace of Dreams" or "The Sausage Station". Do, however, invest in your bedding, whether it's for that all-important first impression or just 'cos every man should have clean, classy sheets.

LUXURY ATTIRE
First of all, let's not call them jammies. That's what children wear. PJs or pyjamas, will do just fine. On average, we spend over 3,000 hours a year in bed, so invest in some suitably lavish garb.

SLEEPWALK IN STYLE
Nothing says "real man" more than a good pair of slippers, and these Harris Tweed numbers will have you gliding round your manner in total sophistication.

SMELL LIKE LAVENDER
Have trouble sleeping? Or maybe you smell? Either way, dotting lavender oil onto your pillow before bed is an age-old method that releases daytime tensions and aids sleep.

WHAT YOUR SLEEPING STYLE SAYS ABOUT YOU...



BOXERS AND SOCKS, BOTH FROM HAPPYSOCKS.COM.

DOUBLE DUVET AND PILLOWS, BOTH FROM MATALAN.CO.UK.

01 THE CANNONBALL

Why: An avalanche may have crushed you in your former life, but it's more likely you're cold because you're only wearing boxers.

Wear: Quality cotton, clean-on boxers are a must. For bonus points, get yourself some matching socks – keeping your feet toasty will help warm up the rest of your body.



SWEATSHIRT AND TRACKSUIT BOTTOMS, BOTH FROM LECOQSPORTIF.COM.

02 THE STARFISH

Why: You're a man who wants it all and that goes for space in the bed, too. With this much on show, you'll need some snazzy garms.

Wear: Le Coq Sportif has been making sporting goods since 1882 and this trackie is the comfiest thing this side of Comfysville. What other threads can you bowl straight out of bed and go to the shops in, while looking semi-acceptable?

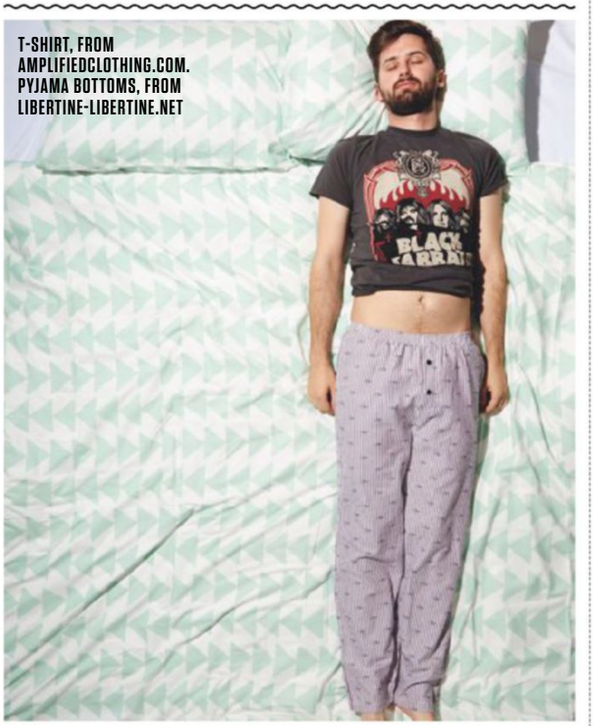


ONESIE, FROM SG.NEXTDIRECT.COM/EN/

03 THE ERRATIC SNOOZER

Why: You're prone to fitful sleep and you need an outfit that can handle all the twists and turns you'll give it.

Wear: A simple jersey onesie, like this classic from Next, is all you'll want to keep you snug in the colder months.



T-SHIRT, FROM AMPLIFIEDCLOTHING.COM. PYJAMA BOTTOMS, FROM LIBERTINE-LIBERTINE.NET

04 THE TOMBSTONE

Why: You're a straight-up guy and you need the attire to match.

Wear: There's nothing as homey as a T-shirt that's moulded to your very shape after hundreds of wears since its inspired purchase at the band's reunion tour in the early '90s. Pair with a decent pair of bottoms, such as these ones from Libertine Libertine.

FOUR DREAMS AND WHAT THEY MEAN



01 FALLING
This is about a lack of control, insecurity or under-achievement in your waking life. Get up and sort your shit out!



02 BAD TEETH
These dreams usually reflect a fear of saying something you shouldn't have. No Tweeting before bed, eh?



03 DROWNING
You're overwhelmed! Try slowing down and relaxing. And if that doesn't work, go to bed with a snorkel.



04 SLEEPING
This can represent peace of mind but also, confusingly, death. Dying in a dream though can actually mean new beginnings.

STYLE ITEMS

WORLD OF WALLETS

You could either put your money where your mouth is, or in one of these sweet cash holders.

Words **Janine Lee**
Art direction **Pyron Tan**
Photography **Kelvin Chia**
Styling **Arthur Tan**

When it comes to accessories for men, it really is all about quality. And while there are many options for accessorising, perhaps the most important and often used one is the wallet.

Symbolising the lifeblood of every man, not only does your wallet organise your daily essentials — ID, credit cards, cash — it's also a symbol of power and influence. And while you could just use the same ratty old one you've been using since your teens, picking the right well-made piece will add tonnes of weight to your style game — and make you look like you're in control of your life (and your finances).

We know how much women dig that, so start paying more attention to this integral men's accessory with these 20 stunning examples…

01. BY MISMO FROM TANGS $240. 02. BY PORTER INTERNATIONAL $289. 03. BY RAOUL $190. 04. BY PORTER INTERNATIONAL $119. 05. BY PROPERTY OF... $149. 06. BY MISMO FROM C.K TANGS $198. 07. BY CARRE ROYAL FROM TANGS $219. 08. BY ARMANI EXCHANGE $140. 09. BY ARMANI EXCHANGE $140. 10. BY NIXON $119. 11. BY BELLROY FROM TANGS $199. 12. BY IL BUSETTO FROM TANGS $169. 13. BY FRED PERRY $149. 14. BY G-STAR RAW $149. 15. BY PROPERTY OF... $139. 16. BY G-STAR RAW $149. 17. BY PEDRO $79. 18. BY SANQVIST FROM TANGS $159. 19. BY BELLROY FROM TANGS $129. 20. BY RAOUL $150.



KNOW YOUR WALLETS

Feeling overwhelmed with the selection? We're here to help...



01 BILLFOLD
Most commonly used because it gives you all the space, without the bulk.



02 TRIFOLD
Featuring an extra panel of storage, this one's for the man who likes keeping organised.



03 MONEYCLIP
The magnetic closure keeps your cash in place and takes up the least amount of space.



04 INTERNATIONAL
For worldly types, this one organises your cash and coins – both domestic and foreign.



05 CHECKBOOK
Offers loads of room for cards and even stores your cheques, all in one stylish package.



06 CARDCASE
Small in size but big in functionality – this one can even fit into your front pocket.

STYLE NEWS

NATURE'S CALLING

It's hard to feel one with nature in this urban jungle, but with the Geographic collection from Italian retailer **Napapijri**, you're giving yourself the next best thing. Merging cool and comfortable fabrics with a palette of frost and ocean colours, their range of shirts, parkas, blazers and shorts make exploring the great outdoors a luxe affair.

$79 to $1,199, from Napapijri at Capitol Piazza.

IN RETROSPECT

Glasses are a fashion accessory; it's time people start seeing that and turning their poor vision into a fashion statement. And fashionable is the word to describe the frames at **Tokyo Star Optical**. The newly opened Japanese eyewear store features revolutionary tech packed into classic styles. Merging retro designs with new materials like wood and steel, their selection of frames will turn your outfit from drab to hip in the blink of an eye.

From Tokyo Star Optical at CityLink Mall.



SPEEDY SHOPPING

Possibly the greatest thing since Velcro, online shopping has changed the face of retail and made our lives so much easier. The downside though — that eternal wait for your parcel to arrive. Eliminate the wait with **Zalora**'s same-day delivery option. Place your order before 2pm and you'll receive your stuff by the same day. The multi-label online retailer has a huge range of men's apparel and accessories so why not log on now for some instant gratification?

www.zalora.sg



WORDS: JANINE LEE & EMILLIO RODRIGUES



VEJA VU

We're a quarter into 2015 and if you're still wearing those worn-out kicks from last year, it's high time upgrade. These ones from **Veja** are a great way to start. The shoe company keeps their designs funky and fresh with a palette of bright colours and eco-friendly and recycled materials sourced from all over the world. Awesome designs made with heart — we're sold.

From $97, at Robinsons The Heeren.

ENDLESS SUMMER

With the unrelenting heat we're facing, it's time we do something about our wardrobe to stay cool and stylish — enter **Scotch & Soda**. The Amsterdam-based label has been available in departmental stores here for a while now, but they've recently opened their first standalone store and we couldn't be more excited. Featuring bold prints and playful colours, their spring collection is retro-chic with a laidback summer vibe — perfect for lounging by the pool.

$69 to $459, from Scotch & Soda in Ngee Ann City.





HOUSE OF MEN

While suits and watches are great things to have, we all know that what you have on the inside matters a whole lot too. **Hom**'s spring 2015 collection is inspired by the man who knows how to take care of himself. Featuring underwear that's crafted with innovative materials for supreme comfort, their elegant designs will serve you well in the bedroom and pretty much anywhere else.

From $49, at Metro Paragon and Tangs VivoCity.

SPIT-SHINE SHOES LIKE A GENTLEMAN

Want your leather shoes looking like mirrors? *FHM* shows you how with this simple shoe-shine guide.



"Someone once told me that a true gentleman didn't feel properly dressed unless his shoes were freshly polished."

Alan Lee, creative director of homegrown shoe label LLYR.

01 **Brush off any dirt and dust from your leather shoe using a horsehair brush (the one with soft bristles).**

02 **Use a thin cloth and scoop up a dab of leather conditioner (that matches your leather shoe colour). Apply conditioner in a back-and-forth motion on the entire shoe, starting from the sides.**

03 **Use a polishing brush (the one with stiff bristles) and buff your shoe in a back-and-forth motion. If done correctly, you should be able to see a natural shine coming through.**

04 **Use a thin cloth and dab on shoe-polish wax (make sure it matches your shoe colour). Apply the wax in a rapid back-and-forth motion over the entire shoe face. Lightly dab some water on the cloth if the wax gets too dry.**

05 **Stand back and admire your shiny work.**

SOURCE: LLYR AND WE NEED A HERO.

FOOTWEAR

MADE IN AFRICA

Alexia Hentsch, founder of Hentsch Man, was born in Brazil, set up her own label in London and has collaborated here with French brand Sawa to create the sickest set of hi-tops around. And they're made in Africa. We can only dream of having as many passport stamps as that.

Sawa is known for challenging the normal rules of design and production. It prides itself on demonstrating the craftsmanship of a country and contributing to the development of communities.

Hentsch Man's slick-rick fabrics and Sawa's flawless style equals a collection of sneaks that are like a party on your feet. Go get 'em.

Trainers, from hentschman.com



THESE COME IN DARK FLORALS TOO, IF YOU'RE FEELING FANCY.

Make sure you:

01 Protect your creps. You don't want the rain to ruin beauties like these, so cover them in a protective spray.

02 Don't lace to the very top. You need passers by to see the extremely cool collab trainers you have.

03 Roll up, roll up. Turning your jeans up will show these hi-tops off good and proper.

WORDS: FHM UK. PHOTOGRAPHY: MARCO VITTUR

VOL 19 ON SALE NOW!



NO REVIEWS. NO FEATURES. NO STORIES.
JUST STUNNING WOMEN, VERY FEW WORDS.

GET YOUR COPY NOW!

HER OPINION

HOW DOES MY MAN BUN LOOK? (SHE'LL LET YOU KNOW)

With 2015 in full swing, the man bun is dominating the world of men's hair so far this year. But does it score a touchdown with the fairer sex or make you look like a confused drag queen? *FHM* finds out what the ladies think.



LEONARDO DICAPRIO AND HIS BUNS.



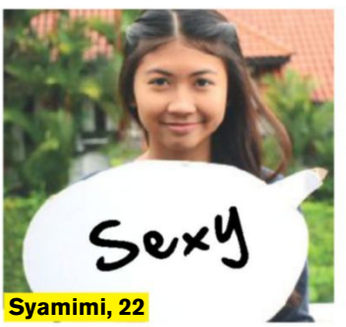
Shahira, 25

Unless you are Caucasian, I don't think you should be trying this look out.



Victoria, 21

I'm growing out my hair, too. So, at least we'll have something in common.



Syamimi, 22

I think man buns are super-hot. He needs to pull it off well though, or he'll look like a homeless hobo.



Dianah, 20

I don't exactly find man buns sexy but I guess some dudes can pull it off and look pretty good.



Kellie, 20

Tempting – I think it looks really hot. If he has a beard going on, you can call him mine already.



Jessica, 23

It's something that I don't find attractive because men usually don't really know how to take care of their hair.



Guai, 24

I think it's a great look if you can pull it off. I'd date someone with that for sure.



Dinis, 20

I think it's definitely something new that could work for some guys but he'd better not be having his locks for more than a couple of years.

INTERVIEWS & PHOTOGRAPHY: EMILLIO RODRIGUES; PHOTO: TPIMAGES/CLICK PHOTOS

ARE YOU OUR NEXT COVER GIRL?

JOIN SINGAPORE'S MOST POPULAR GIRL SEARCH AND STAND A CHANCE TO BE ON OUR COVER, PLUS WIN A $3,000 CASH PRIZE, OVERSEAS HOTEL STAY AND MORE.

1. HOW TO ENTER?

E-mail two recent high-resolution colour photographs (one close-up portrait & one full-length shot) to **fhmmodel@mediacorp.com.sg** by 15 March 2015 with the following details:

• Name • Age • Date of birth • NRIC number • Mobile number • E-mail address • Occupation • Address

2. NOMINATE A FRIEND

and if she's one of our Top 10 finalists, you win $200 cash and exclusive invites to the Finals.*

* Terms and conditions apply.

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FHMSingapore

FHM MODELS 2015

GROOMING

KNOCK SOME SCENTS

Make the people around you (especially in the MRT) happy with these products that'll make you smell like a winner.



GEO. F. TRUMPER SPANISH LEATHER COLOGNE, 50ML, $70

The deep and rich notes of musk, patchouli, sandalwood and vanilla blend together harmoniously to form this heady, masculine fragrance that's perfect for a sexy night out.

FHM PICK

L'OCCITANE SOLIDARITY SOAP, 50G, $5.50

This apricot-scented bar soap is made with shea butter to nourish, protect and soften skin, with 100 per cent of the profits from its sale financing eye-health projects in developing countries – so you can smell good, for a good cause.

MAISON MARTIN MARGIELA REPLICA AT THE BARBER'S EDT, 100ML, $129

Designed to evoke the ambience of a particular time and place, this masculine addition to MMM's iconic line pairs aromatic lavender with subtle leathery and woody scents, to replicate the experience of being in a vintage barber shop.

GUCCI GUILTY DIAMOND POUR HOMME EDT, 90ML, $144

An intense and invigorating blend of citrus top notes with a masculine base of cedar and patchouli – wrapped in a limited-edition lustrous gold-hued metal and glass flacon.

TOM FORD OUD WOOD DEODORANT STICK, 75ML, $78

An extension of the sensual Oud Wood fragrance, this deodorant stick features the smoky birch tar and warm cistus heart of the original cologne. Because fast-drying odour protection can be sophisticated, too.

WORDS: JANINE LEE; ART DIRECTION: PYRON TAN; PHOTOGRAPHY: HONG CHEE YAN



GROOMING

DARK EYE CIRCLES

They're a common problem and one of the most difficult to eradicate. Dr Lam Bee Lan from Ageless Aesthetics shares how the Dual Yellow Multi Wavelength Laser treatment may be one of your best bets.

What are the primary causes of dark eye circles?
Pigmentation, loss of volume under the eyes which leads to a saggy and shadowy appearance, and medical conditions like allergic rhinitis, which is congestion in the nose. Rubbing your eyes a lot also produces friction, which worsens the dark eye circles.

What does the Dual Yellow Multi Wavelength Laser treatment do?
The laser stimulates skin growth so it becomes fairer and clearer. Ageing causes fine lines, wrinkles, uneven skin tone, pigmentation and open pores. The laser rejuvenates the skin, reducing these problems.

Who would you recommend for the procedure?
To eradicate dark eye circles, you need to identify the specific cause and treat it accordingly. If your circles are caused by allergic rhinitis, the laser will just be treating the surface but not the root of the problem. I consult my patients first to assess their problem, before recommending treatment. Generally, laser is most effective against dark eye circles caused by pigmentation.

Do the effects last long?
Most people with dark eye circles have combined root causes, meaning it's rarely just pigmentation. But if it's just pigmentation, four to six sessions of laser and maintenance with eye cream can probably achieve fairness for four to six months. After which you'll have to come back for treatment again. There isn't really a permanent solution for dark eye circles.

Are there any side effects?
Not as long as your eyes are properly protected, and the energy used for the laser is appropriate for your skin type. But it's important to avoid intense sunlight two weeks before and after getting laser treatment, and to protect the skin with sunblock to prevent post-inflammatory hyperpigmentation.

How effective are eye creams and serums alone?
Creams help especially for upper eyelid darkness, because that area is very difficult to treat with laser. But eye creams need to be used for at least two to three months to see results. It's best to use creams in tandem with the laser to stretch the effectiveness of the treatment.

The Dual Yellow Multi Wavelength Laser costs from $300 onwards at Ageless Aesthetics with Dr Lam. Ageless Aesthetics, #02-18 Thomson Plaza, 301 Upper Thomson Road. Tel: 6452-0368 or 9227-1933, www.agelessaesthetics.sg.

The Procedure

The Dual Yellow Multi Wavelength Laser is a relatively painless procedure that can be completed in 30 minutes. First they'll do a microdermabrasion that buffs the surface of the skin to get rid of dead skin and whiteheads.

Next, numbing cream is applied to the face and then the doctor begins the laser treatment. It feels like a pen being rubbed all over your face. There's a slight stinging sensation especially near the eye area, and you can see very bright flashes of light even through closed eyes. But it's bearable and over fairly quickly.

The Results

Immediately after treatment, the area under the eyes has lightened slightly and will continue to do so over the next few days. Skin looks clearer and feels softer and smoother too. Dr Lam recommends another session after a three-week interval to achieve greater lightening, and also to maintain with eye cream.

The procedure is non-invasive and is definitely less of a commitment than having other aesthetic work done. The pain factor is negligible and the best part is that there's no downtime at all.

WORDS: JANINE LEE

BRIGHT EYES

Lighten and maintain your eye area with these powerful creams.



Neostrata Intensive Eye Therapy, $105
Stimulates cell renewal, lightens, revives skin cells, reduces puffiness and pigmentation.



Clinique for Men Anti-Fatigue Eye Gel, $55
A steel rollerball applicator increases micro-circulation and reduces fluid accumulation around the eyes.



Dr Belter Biomimetic Eye Cream, $83
Suitable for sensitive skin, this cream prevents wrinkle formation and tightens tissues, making the eye area look fresh.



Kiehl's Clearly Corrective Dark Circle Perfector, $65
Brightens, reduces discolouration and protects against future darkening and UV damage.



Dr Andrew Weil for Origins Mega-Bright Eye Illuminating Cream, $70
Diminishes dark circles caused by sun damage, allergies and fatigue. Also treats inflammatory discolouration and quells eye irritation.

GEAR

RAIN COAT, BY RAINS
FROM KAPOK. T-SHIRT,
BY ANTIDEPRESSANT. JEANS,
BY RELIGION. BOOTS, BY
DR MARTENS.

HAIR: KATHERINE TAN/WWW.
KATHERINE-TAN.COM; MAKEUP:
CHERYL OW/9435-5654 USING
MAKE UP FOR EVER PRODUCTS;
NAILS: GLAMOUROUS FACTORY;
MODEL: ROSS RINGWOOD/
MANNEQUIN





STRANGE ENCOUNTER

Something absolutely terrible comes your way. Stay focused, dress fashionably and then make a run for it!

Art direction **Dannii Choo** Photography **Hong Chee Yan** Styling **Sharon B Tan**





LEATHER JACKET, BY
RELIGION. FISH NET T-SHIRT,
BY STAGE. CROPPED PANTS
AND METAL BEETLE NECKLACE,
BY DEPRESSION. SHOES, BY
DR MARTENS.

OPPOSITE: COAT, BY
DEPRESSION.
T-SHIRT, BY EVISU.
JEANS, BY TRUE RELIGION.
SHOES, BY DR MARTENS.
STRAW HAT, BY KAMINSKI XV.

GEAR

SHEARLING JACKET AND
LEATHER DETAILED SWEATER,
BY STAGE.

OPPOSITE: KNITTED SWEATER
AND SNEAKERS, BY RELIGION.
T-SHIRT, BY ANTIDEPRESSANT.
PANTS, BY DEPRESSION.





GEAR

LEATHER PANELLED HOODIE, BY STAGE. *FAUX*-LEATHER SHORTS, BY DEPRESSION.
STRIPED LEGGINGS, BY DEPRESSION. BOOTS, BY DR MARTENS.

OPPOSITE: SWEATER, BY NOT COOL ENOUGH. SHIRT, BY DR MARTENS. LEATHER DETAILED SWEAT PANTS, BY STAGE.
SLIP-ON SHOES, BY AES (ALIEN EVOLUTION STUDIO).
SCARF, BY LE MONT ST MICHEL FROM KAPOK.







WATCHES

SOUTH TO NORTH

Nearly 45 years on, the iconic Edox Geoscope returns with a sequel of sorts.

Words **Dennis Yin**

The 1970 Edox Geoscope was the stuff of chronometrophiles' dreams — it was big (42mm), bold (worldtimer with 24 time zones) and amazingly detailed (the planisphere dial showed a world map as viewed from the South Pole).

Today, it has made a modern comeback with **Edox Geoscope North Pole Limited Edition**. With only 300 pieces available worldwide, the new interpretation comes in an upsized 46mm case, has a date pusher at 8 o'clock; and features a planisphere dial with a world map viewed from the other way round — the North Pole. But instead of multiple time zones, this current version only offers a second time zone. Good enough for us, really.

$5,800; Cortina Watch at Chinatown Point, International Watch at People's Park Complex and Vincent Watch at Tampines Mall.

WATCHES

THE HOT SIX

The faces that made it on our must-watch list.



01. This apocalypse-ready timepiece is made for real men. It is able to withstand high levels of stress, including falls from 10m, being driven over by a 64-tonne tank and two hours in a washing machine. The watch even comes with a protective black bumper for a "samurai" headgear look.

VICTORINOX I.N.O.X., $719; AUTHORISED RETAILERS.

02. Wear a badge of adventure on your wrist. This celebratory piece (in conjunction with the brand's 25th anniversary) is fitted with a detachable compass, water-resistant to 200m and glows continuously in the dark for 25 years.

LUMINOX SPECIAL EDITION COMPASS BLACKOUT, $668; OG ORCHARD POINT, ROBINSONS ORCHARD, TANGS ORCHARD AND VIVOCITY, AND OTHER AUTHORISED RETAILERS.

03. See that little red logo on the top-left corner of its face? It connects to your smartphone via Bluetooth, so you get precise local time from over 300 cities. There is also e-mail notification and phone-alarm trigger.

CASIO EDIFICE EQB-500, $599; G-FACTORY AND G-FACTORY PREMIUM.

04. Want a face that never runs out of style? This 36mm dial is as timeless as it gets. It is finished with a hand-stitched strap using leather from Horween, one of the oldest continuously running tanneries in the US.

TSOVET JPT-PW36, $358; CLOUT 9, ISETAN SCOTTS, ROBINSONS THE HEEREN AND OTHER AUTHORISED RETAILERS.

05. Spot a retro-liciously hip look with this square-case design by Ted Baker. Alternatively, get a mullet haircut.

TED BAKER CLASSIC SPORT, $338 TO $375; FROM CLOUT 9, METRO CITY SQUARE AND PARAGON, OG ORCHARD POINT, ROBINSONS, TANGS VIVOCITY AND OTHER AUTHORISED RETAILERS.

06. A face can tell a thousand stories. This one? Possibly only one. But it'll be an interesting conversation, as you explain the cryptic-time display to that hottie by the bar. Get her a Cosmopolitan at the same time.

KISAI ONLINE WOOD, $135; TOKYOFLASH.COM

WORDS: DENNIS YIN



HARDWARE

BRING YOUR CAR AUDIO TO THE NEXT LEVEL

Isao Nomura, deputy general manager for business planning and marketing division (car entertainment) of Pioneer Electronics AsiaCentre, shows us how.

Several factors affect car-audio performance such as road noise and the make of your car interior. These are, unfortunately, out of your control. However, the slightest improvements to your car audio system can make a world of difference.

You can test your car's factory unit to find out if it needs improvement:
Step 1: Play your favourite tunes and turn up the volume slowly while seated in your car. Make sure all car doors and windows are closed.
Step 2: Check for audio clarity. As the volume gets louder, listen for distortion and crackling sounds.
Step 3: Consider the audio experience you seek. Would you prefer more bass, clarity or both?

Once you've given thought to what you want, focus on purchasing the right components to match your preferences. Here are some basic tips to consider:

SPEAKERS

There are no equalisers, amplifiers or processors that can compensate for poor speakers. If you're on a budget, put your money on a pair of decent speakers first.

Compared with pre-installed factory speakers, aftermarket speakers offer tighter bass and provide improved clarity because they are manufactured with high-quality materials that enhance its durability. Aftermarket speakers often feature multiple components like tweeters and woofers to help enhance audio quality and range. Woofers produce the lower- to mid-range frequencies (bass), while tweeters produce higher range notes (treble). Each speaker has different projection capabilities, so you should listen to a few before choosing the one you prefer.

There are generally three types of speakers in the market:

Co-axial: The woofer and tweeter are combined into one speaker unit.
Suitable for: Drivers looking for a clean-cut simplified system and those who like the minimalist look.



TS-R1650S



TS-G1645R

WORDS: DENNIS YIM; PHOTO: TPG IMAGES/CLICKPHOTOS



TS-D1720C

Component: The woofer and tweeter are two separate speakers, often sold as a set. Each component operates within their own limits to create high-quality, customised audio preferences.
Suitable for: Drivers who like to be in control of their audio experience or are particular about the quality of sound.

Subwoofer: A speaker dedicated for low-frequency tones.
Suitable for: Drivers who enjoy "thumping" bass.



AVH-X8650BT

HEAD UNIT (HU)

The HU, also referred to as stereo or receiver, acts like a "brain" that sends out electric signals to the entire audio system. The better this 'brain' performs, the more efficiently your speakers can receive the signals, resulting in better-quality sound.

Typically, the HU is located at the centre of the dashboard for easy access and control over your vehicle's entertainment media such as radio and CDs. Today, aftermarket models offer a wide gamut of features, including GPS navigation, Bluetooth and DVD playback.

Most also offer tuning options such as a 5- or 10-band equaliser. These settings should be set after you have installed your new equipment.

If you plan to add amplifiers, make sure you purchase a HU with pre-amp outputs so you can connect it directly to your system at a later stage, without additional components or wiring work.



GM-D9604



GM-A6604

AMPLIFIER

If you're looking for "oomph!" in your audio, amplifiers help achieve this. Amplifiers significantly enhance the sound by boosting the electric signals from your Head Unit to the speakers, eliminating crackling noises that are heard when your system is cranked up.

External amplifiers are almost always necessary when you add subwoofers and tweeters to your system because those that come with your car's factory stereo may not have the capability to supply enough power to these new components.

Note that you may to need upgrade your speakers if you upgrade to more powerful amplifiers, otherwise you might end up damaging them. Generally, four-channel amplifiers are enough to support your speakers and subwoofer.

HOW TO ROCK IT



SHOOT UP

FHM talks to irreverent filmmaker Ken Kwek (*Unlucky Plaza*) about social media and shooting online videos.

Social media is a big feature in *Unlucky Plaza*. What role does it have in society?
Social media, like any new technology, has its pros and cons. It has given a voice to those who've been voiceless, so as to allow people and groups to communicate and champion their causes (and share their lunches) in a new way. Social media has also fooled me, at least once, into believing that Morgan Freeman is dead.

What is your pet peeve when it comes to Instagram and YouTube videos?
To risk a boring answer, I have no pet peeve with either. I don't use Instagram, but YouTube is a pretty cool instrument if you filter away all the crap baby and cat videos.

Do you think the camera makes the photographer or vice versa?
Do guns kill people or do people kill people?

What cinematography advice should we bear in mind when making an online video?
Use a small camera.

What is the last image you took with your phone camera?
It was of a group of strangers taking a "us-ie" with a selfie stick. I offered to take the photo for them but they said, "It's okay, we prefer the stick."

Unlucky Plaza *was the opening film for the 25th Singapore International Film Festival. It will be released in selected cinemas 16 April.*



TRIED & TESTED

IT'S NEVER E(NERF)

Who says Nerf Blasters are for the little monsters? Summon your inner man-child and step into the domain of Nerf modification.

WORDS: TIMOTHY WEE. ART DIRECTION: PYRON TAN. PHOTOGRAPHY: KELVIN CHIA

Way before anyone even heard of *Counterstrike* or *Call of Duty*, some of us were already running around gunning down the "enemy" with a blaze of foam darts. Thanks to Nerf Blasters, we got to mimic our gun-wielding heroes Trigun, Hellboy and Rambo.

Kids, though, grow up. But that doesn't mean we have to hang up our guns. In fact, there is a growing number of adult fan boys who challenge the notion of Nerf Blasters as a kiddie plaything. No longer contented with off-the-shelf foam arsenal, the present-day Nerf community has combined their child-like imagination with grown-up sensibilities — not to mention madcap engineering skills — to create a whole different beast.

Welcome to the world of Nerf modification. Ben "pSyk" Koh, a 31-year-old advertising executive and avid Nerf "modder" explains that there are two types of modification. The first is cosmetic modification, where paint jobs and third-party parts are utilised to make the Blasters look like the real deal. In some cases, modders even combine multiple blasters together just so their Nerf creations look "tacti-cool".

Then there are others who go beyond the surface. This is where Koh's expertise comes in. As a Nerf-hardware modder with his own YouTube channel (pSykSG), Koh maximises "any untapped space inside any Blaster". As such, it's not uncommon for him to tweak a Blaster's internal mechanism to ensure better performance.

Speaking affectionately of his first Nerf modification, Koh reveals that he was drawn into the community by the Nerf Maverick Blaster back in 2009. As a Hellboy fan, he couldn't pass up the opportunity to transform the Maverick Blaster into Hellboy's signature gun, Big Baby. After browsing YouTube to learn some simple modding techniques, the electrical engineering graduate felt "a great sense of personal satisfaction" that compelled him to become a hardcore Nerf modder.

However, Koh's family didn't take to his Nerf hobby positively at first; they were shocked he was still playing with "toys". It wasn't until they learn the technical aspects behind Nerf modding that they gave him their blessing. And this is a misconception Koh and his peers want to correct.

Today, the Nerf community comprises people in their late teens all the way to the 40-somethings. They are an enthusiastic and tightly knit bunch from all walks of life. The camaraderie Koh gets from sharing and learning about mods with other like-minded Nerf buffs makes him feel at home. The community also bonds over frequent Nerf shootout games.

At such get-togethers, safety is top priority, highlighted by the mandatory safety-goggles requirement. While there is no fixed location, these Nerf battles usually take place in big, open spaces such as football fields or abandoned buildings.

Nerf shootouts come in two formats: One-on-one or team. One of the more popular Nerf games is called Humans vs Zombies. Complete with in-game missions and storyline events, players register and download an app, while taking down zombies with others *à la Walking Dead*.

Besides getting a physical workout at these Nerf shootouts, the games also provide Nerf modders the chance to show off their ingenious creations. Koh recalls how one Nerf combatant utilised a concealed Gauntlet Blaster (think *Assassin's Creed*) to "kill" an opponent when his primary Nerf blaster was spent.

With such innovative makeovers and the accessibility of 3D printers, Nerf modification looks set to stay.

Get your Nerf Blaster from Toys "R" Us and other authorised retailers.

MEGA NERF SHOOTOUT



***FHM* pits the original Nerf Mega CycloneShock Blaster, with Ben "pSyk" Koh's souped-up version. Okay punk, do you feel lucky?**

Round One: How Far Can You Go?
Angled-shot Result
***FHM*:** 11m
Koh: 14m

Round Two: Target Practice
So, we rounded up Spiderman (20 points), Surfin' Santa (30 points) and Captain Cthulhu (50 points) to be our beer bottles on the wall.

***FHM*:** 20 points
Koh: 70 points

And the undisputed Nerf shootout champ is:
After triumphing in every stage of our Nerf shootout, Koh is our ultimate marksman.

"In terms of the way my *zhng* (modified) Mega CycloneShock Blaster looks, you can't tell much of a difference from an original. You have to try to understand it. That aside, the Mega CycloneShock is a very well-made Nerf Blaster. It performs exceptionally well, even without modification."

We're definitely not worthy to be standing next to Koh. Now excuse us as we perform *seppuku* to restore our honour…

NERF ARMOURY

Time for field-pack inspection! We dig into Ben "pSyk" Koh's bag to see what sort of heat he is storing.



01 NERF LONGSHOT BLASTER
"This is my first fully modified blaster and I'll never part with it. Aside from a glow-in-the-dark body (like a Halo pulse rifle), I maximised the Longshot's modification potential to make it one hell of a weapon."



02 NERF RECON BLASTER
"Originally a clear plastic blaster, I tinted it dark grey to make it look sleeker. I also replaced the entire internal mechanism with a Retaliator Blaster's. It's more a display piece but it turned out extremely well."



03 NERF FIREFLY
"Firefly was my first foray with electronic circuitry. Originally, the gimmicky blaster emitted a muzzle flash with every shot. I jazzed it up with additional LED lights and experimented with dry brushing to give the body a weathered look."



04 ZOMBIE KILLER
"This 'tacti-cool' blaster is specially made for the Humans vs Zombie shootout. After successfully combining two Nerf Blasters, I added a flywheel system to make it a semi-automatic blaster. Now, I can fire continuously with my finger on the trigger!"

AIMEE CHENG-BRADSHAW

COTTON CARDIGAN, BY FOREVER 21. LEOPARD PRINT LYCRA BRA, BY LA SENZA. POLKA-DOT LYCRA PANTIES, BY TOUCH ME.

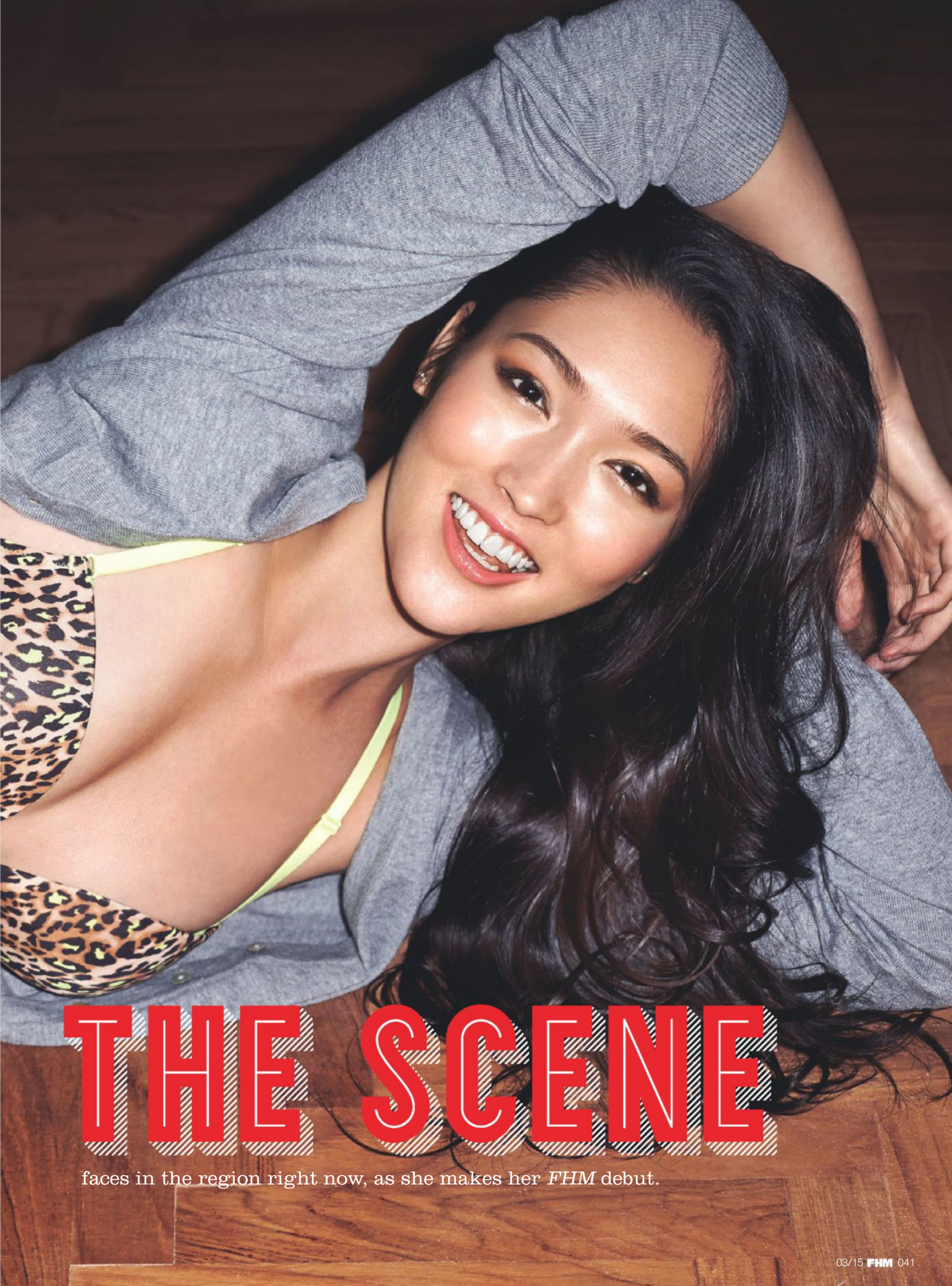
PHOTOGRAPHY ASSISTANCE: HIZUAN ZAILANI; HAIR: AARON NG/ DECORUM; MAKEUP: MICHELLE CHIN/9154-0169 USING BURBERRY BEAUTY. MODEL: AIMEE CHENG/ BASIC MODELS. LOCATION: SOFITEL SO HOTEL.



QUEEN OF

Meet Aimee Cheng-Bradshaw, one of the most commercial

Words **Janine Lee** Art direction **Dannii Choo** Photography **Nicky Loh** Styling **Cheryl Chan**



THE SCENE

faces in the region right now, as she makes her *FHM* debut.

AIMEE CHENG-BRADSHAW

You might not know her name, but chances are you find her pretty face very familiar. Having appeared everywhere from billboard and TV ads to shopping catalogues and magazine editorials, Aimee Cheng-Bradshaw is barely 20 and has already been around the modelling block. Armed with a dazzling smile and the kind of body that'd inspire volumes of ballads, it's not hard to see why she's in high demand in the industry. *FHM* met the 1.76m tall beauty for some face time and discovered that she's also friendly, down-to-earth and displays a maturity beyond her years. Sexy and grounded: The best combo in our book.



Have you been in Singapore long?
About nine years; I pretty much identify myself as a Singaporean. Whenever I go overseas for assignments, people ask me where I'm from and I'll say "Singapore" — which surprises them. My dad's from England and my mum's from Shanghai, but I've lived in Singapore for a long time; it's the place that feels most like home. Before this, I was in South Africa for two years but that was when I was very young, so my memory of it is limited.

Do you travel a lot for work?
Pretty much. I recently came back from a three-month placement in Hong Kong. Before that, I was in Taipei for a month.

Is it tiring moving around so much?
I really like staying in Singapore but I also enjoy travelling. It's great getting to meet new people. Usually the first week of being in a new place by yourself is the most difficult part; it takes a few days to adapt. But it's a good and fun experience, especially now — before I go to university and have to devote all my time to studying. And after you graduate, you have to get a job. It doesn't leave that much time for travelling.

What are you looking to major in?
I enjoy biology and psychology; I'm science kind of person. I don't really like language or writing.

What would you like to work as after graduation?
There was a period of time where I wanted to be a vet but I'm not sure I'm up for it. I'd have to commit myself to a lot of schooling. I want to go to university and figure out if that's actually what I want to do while I'm studying it. Then I'll decide.

You must love animals...
I do. I have a golden retriever, two guinea pigs, while my sis has a hamster and she used to take care of a rabbit. Our house is like a zoo.

What's your craziest photo shoot been?
I recently did a look book for an underwear line, and



"I identify myself as a Singaporean. Whenever I go overseas for assignments, people ask me where I'm from and I'll say 'Singapore' — which surprises them."

LYCRA BRA AND PRINTED COTTON PANTIES, BOTH BY LA SENZA. GOLD NECKLACE & GOLD BRACELET, ALL BY FOREVER 21.

OPPOSITE: LYCRA BRA, BY CHALONE. HEART PRINT COTTON TOP, BY TOPSHOP. PRINTED COTTON PANTIES, BY LA SENZA. GOLD BRACELETS, BY FOREVER 21. ALL SOCKS (WORN THROUGHOUT), STYLIST'S OWN.

AIMEE CHENG-BRADSHAW











COTTON BRA, BY ETAM. POLKA-DOT COTTON PANTIES, BY LA SENZA. ALL JEWELLERY, BY FOREVER 21.

OPPOSITE: COTTON HENLEY, BY ETAM. POLKA-DOT COTTON PANTIES, BY LA SENZA.

"I don't like it when guys try too hard, especially when you're obviously not interested, yet they're really persistent… They should just be casual; not too desperate."



LYCRA BRA, BY CHALONE.
COTTON TANK TOP, GOLD
NECKLACE & BRACELETS,
ALL BY FOREVER 21.
STRIPED COTTON
PANTIES, BY ETAM.

the concept was really funky and fun. They asked me to pose with a watermelon because the underwear had watermelon motifs on it. I also had to do lunges with pineapples as dumbbells for the video. It was so funny. There was another shoot where I was in the bathroom using the showerhead like it was a phone; and pretending to play ping-pong on a mini table.

How do you prepare yourself for such strange job challenges?

I've no idea; I pretty much just wing it all the time. As a model, clients give you challenges all the time and you just have to work with it immediately. When they say, "Amy, here's a watermelon," I have to say "okay" and try a bunch of stuff to see what works.

What else do you do besides modelling?

I've been dancing for five years now. I'm terrible at hip-hop — way too lanky for it. I really love moves like lyrical jazz; it's like ballet but less precise and strict on the movements, so it allows you to be more creative and expressive. Some of it can be freestyle but at the classes I attend, they choreograph a piece for you to learn. I like it because they usually incorporate difficult movements that look good and are challenging.

Do you sing, too?

I sing in the shower a lot. When I was in high school, some of my friends told me I should perform but I don't think I'm that good. And I get nervous. It's different with modelling. For for some reason, I feel more comfortable in front of the camera than in front of people staring at me.

Does dancing help with modelling?

I used to dance ballet when I was younger and it really helps with posture; it makes you stand up straight and maintain a nice silhouette.

Ever use these dance moves in the club?

Not really, I haven't gone clubbing in a while. I partied more in high school but I've outgrown it. Also, because you have to stay in shape with modelling and alcohol ruins that.

Would you mind if a guy who can't dance tried to hit on you?

Like if he dances ridiculously? It'd be a problem for me now because I have a boyfriend. But I'd probably just laugh at him and tell him his moves are great.

"Because I'm taller than a lot of guys, that scares them a little bit and makes them not want to come talk to me."

What would be a better way to approach you?

I don't like it when guys try too hard, especially when you're obviously not interested, yet they're really persistent — that puts me off. They should just be casual; not too desperate.

Does being a model intimidate men?

Because I'm taller than a lot of guys, that scares them a little bit and makes them not want to come talk to me.

Would you date a guy shorter than you?

My boyfriend is a little shorter than me but it's nice because I never have to wear heels around him. We've been friends for a really long time and have been dating for a while, so the height doesn't matter to me.

What is your biggest pet peeve when it comes to dating?

When your guy flirts with other girls — that's true for every girlfriend.

How would you react if you caught your boyfriend flirting with another girl?

I'd probably want to punch him in the face but I'm super-weak. [*Laughs*]

What's one thing you're looking forward to in the near future?

I'll like to check out Europe and New York to see what modelling is like there. I'm really comfortable here in Asia but once you go to Europe, it's a whole, different game. It'll be challenging but I think I'll enjoy it.

What would be your dream modelling gig?

Getting into Victoria's Secret would be pretty sweet. That's like every model's dream; the models are so glamorous, sexy and beautiful. Every girl just wants to be them. **FHM**



YOUR (WORST) SEX FEARS ADDRESSED

Words **Stevie Martin**
Photography **Marshall James**
Styling **Hayley Lawrence**



Sex is a minefield.

Did she really come? Does my penis look like a windsock? If I politely suggest something kinky, will she call the cops? We put five sex-savvy 20-something professionals in a room, plied them with beer and got them to counsel each other on what they're worried about when it comes to the horizontal shag-shuffle.

HAIR & MAKEUP: NAT SCHMITT. TURQUOISE LINGERIE SET, BY VON FOLLIES.



WHAT IF MY PENIS IS TOO SMALL OR WEIRD?

From "Is it big enough?" to "It bends to the left", nobody wants to be "that guy with the hilarious penis". Or "the penis that no one can feel". Or "the penis that reminds people of a sad carrot"…

James F, 26: Personally, I've worried about if my penis is weird every day from the age of 11.

Gina A, 24: Look, my ex had a nine-and-a-half-inch penis. It was massive. He bruised my bladder to the extent where I nearly wet myself all the time and had cystitis for six months.

Maddy K, 27: I've had a small one and didn't know whether he was inside me… I want to get filled up!

JF: In the dictionary, next to "What Men Worry About", is a drawing of you.

MK: I stayed with him for two years though!

JF: Will you marry me?

GA: My mate's boyfriend had a penis that was so small she couldn't give him a hand job. I'd always say average is the best size. And all penises are fun.

Clinical psychologist Dr Anna Janssen says…

"If you think a penis has to be a certain size or shape, it's usually just society telling you that. And how valid is that, really? Bring up this fear with your partner. If it's something you can't change, then learning to accept it will make you stronger."

SHOULD I WAX ALL MY PUBES OFF?

Lots of girls (and an increasing number of guys) are worried about the state of their garden down there. Nobody wants to be known as "Kate Big Bush".

Alex H, 26: I've been caught out when my bikini line is bigger than usual – on one occasion, I think I saw him take a pube out of his mouth and spent the next two days in emotional anguish.

Rey D, 23: I wouldn't dump a girl I fancied because I got a pube in my mouth.

AH: Really?

RD: Shit happens! Sex is a bit of a shambles at the best of times, so I say the hairier the better! Shows you don't give a f**k.

JF: I wouldn't go as far as to say "the hairier the better" because down that road, darkness lies. It's sort of like how it's nice if a girl is wearing sexy underwear, but it's also nice when she's wearing my old T-shirt from secondary school.

RD: Alright, yeah, it's just different. You might have a preference, but you're not going to let it get in the way of a good time.

JF: You don't open your presents at Christmas and take issue with the wrapping.

I DON'T HAVE A "PERFECT" VAGINA

Just like worrying about the size and shape of your penis, girls are equally concerned that their vagina resembles those "beef curtains" everyone bangs on about…

RD: There's neat but then there's "too hidden away", if that makes sense. I'd rather it was a bit meatier.

JF: Yeah, similar to penis size, there are extremes. You've got a Barbie vagina and then you've got Zoidberg from *Futurama*.

GA: But guys grow up watching porn and see these tiny pink little vaginas before they've even seen a real one…

JF: I'd watch porn when I was younger and all that happened when I saw a real one was, "Oh, okay, that's not what I saw in porn." Just like how in real life, men don't all have seven-inch dicks.

Dr Janssen says…

"This is also understandable because we have some strong cultural ideas about what's 'normal'. But how realistic are these ideas? Don't focus on it because there's nothing to worry about."



PINK LINGERIE SET, BY MIMI HOLLIDAY. SHOES, BY KURT GEIGER.

OPPOSITE: NUDE LINGERIE SET, BY MIMI HOLLIDAY .

HOW BAD IS MY SEX FACE?

In films, an orgasm produces an expression mixed with sexy ecstasy and unadulterated lust. In reality, you tend to look like you've got your hand trapped in a door...

AH: I do worry about this in, er, post-production, as it were. I think I should have attempted to look sexier.

JF: Nobody gives a shit about that! All men are thinking is, "Gosh, I hope that's real. I hope she actually came."

IS HE/SHE GOING TO SHOW HIS/HER FRIENDS A PHOTO OF ME NAKED?



With everyone's bits, from Kate Upton to Jennifer Lawrence, splashed over the Internet, girls are more scared than ever that their boobs are going to end up on a WhatsApp group called "Pics of Our Naked GFs"…

RD: I'd never send a nude photo of my girlfriend to my buddies. But if my friend showed me a picture of his naked girlfriend, I'd totally look.
JF: I'd definitely look if someone showed me one. But, no, I wouldn't send one.
MK: What? Even if it was a one-night stand?
RD: Nah.
AH: I don't feel comforted by this, for some reason.
JF: Sorry.

IS THIS REAL? DID SHE ACTUALLY COME?

Forget sex faces – it's more important that the other person's not faking, right? Unfortunately, the faker is way more likely to be the one who doesn't demonstrate their orgasm quite so volcanically…

AH: I guess it's a legitimate fear, because I've faked it if they needed a bit of a boost.
JF: Oh, gosh. Just tell the truth: With no other act would you praise poor work?
AH: But sometimes he's doing a great job, I'm having a brilliant time, but I know I'm not going to come. I don't want him to think he's crap in bed when he isn't!
GA: A lot of girls don't orgasm easily, and it's not like guys have that same issue. For girls, sex without coming isn't necessarily bad sex.
RD: You always vocally exaggerate how good it is. I could be silent if I wanted to, but that'd be a bit weird. Isn't the whole pretending to orgasm thing just an extension of that?
All girls: Yes!
MK: And your noises could push them over the edge. Or you over the edge.

Dr Janssen says…
"This is simply the fear of, 'What if it wasn't real? What if she didn't have a good time?' and that's a very understandable fear. Accept that there'll be differences of levels of enjoyment with different people. There are huge expectations of what sex is going to be, but not everybody's going to have a great time every time. Discuss it with them!"

DO I SMELL DOWN THERE?

You're getting busy when you had no idea anything was about to go down, you've just been throwing yourself around to *Hips Don't Lie* and now your crotch smells like gammon…

GA: My boyfriend once sprayed his balls. Don't.
JF: I'm so aware of this, I've got a set of wipes that I keep in my bottom drawer.
RD: If you don't have wipes, hang it over the sink and douse it in water: The gentlemen's dip. Or you could always buy a flavoured condom?
JF: Yeah, if you're 15 or in 1998.



AM I TOO FRAIL TO HAVE SEX AGAINST A WALL?

She's just asked you to pick her up so you can both make sweet wall-sex. Problem is, your idea of heavy lifting is occasionally picking up a chair, and even that's a bit of an effort sometimes...

JF: A girl once asked me to pick her up so we could have sex against a wall. I'm quite weak, but I tried and dropped her head-first on to a side table. Things like that stay with you.
MK: You know, I think it's okay if a guy can't pick me up, but I'd f**king love it if they could.
GA: It's a nice thing to do. I was bigger than my ex-boyfriend so he didn't chuck me about naturally. But I sort of wanted him to.
JF: But small guys want to as well, they just can't!
MK: It's not a dealbreaker at all!
AH: You occasionally think, "Ooh wouldn't it be cool if he did that" but there are more important things in sex than worrying about that.

DOES MY CUM TASTE DISGUSTING?

You're getting head but in your actual head, you're thinking fleetingly of those articles you scanned about how guys with bad diets taste worse than those who subsist entirely on Fruit Tree...

JF: I worry that mine tastes way worse than anyone else's.
AH: Yeah, sorry but it's not nice sometimes. I had one boyfriend who tasted like Fab, but another who tasted lovely.
GA: From day-to-day, I can tell what my boyfriend's eaten. With pineapple, it's like tropical sun all over my face. But just because cum doesn't taste like a Snickers, it doesn't mean I don't like swallowing it.
MK: When you give a guy head and he comes, there's nothing hotter. But if you're that worried, then just come elsewhere...

I'M INTO THE EDGIER STUFF. HOW DO I TELL HIM/HER?

For example, how does one broach the topic of playful bondage? Do you just give it a go and hope for the best? Write a note on headed paper? Discuss it during the morning commute? Too many questions...

JF: When a girl tries out something risky, it's hot. If I try something risky, I look like an idiot.
RD: Like, if I was into choking, what if they think I'm trying to kill them?
MK: I like that sort of thing, but you can't just get straight to it in the first five minutes of meeting someone! Just start slowly and talk about it first!
GA: If you don't ask, you don't know!
RD: I'd give anything a go if a girl asked me to. Once a woman shoved her pants in my mouth, and it was great as a one-off. I'd have sex with a shoe if she wanted me to.

Dr Janssen says...
"All of it comes down to the newness of the situation. You have to talk together about things like this, because if you're not letting your partner communicate about what they want and need, which in this case is rough sex, then frustration may set in."

DOES SHE PICK CERTAIN POSITIONS SO SHE DOESN'T HAVE TO SEE MY FACE?



So your girl wants the lights out or she wants to try it doggie-style – a position in which one of the main by-products is that they can't see who it is they're shagging. Is this because she's trying to imagine Ryan Gosling?

GA: Sometimes I turn the lights off because I've eaten a curry and look pregnant. Or I want it from behind because I've eaten a curry and look pregnant.
RD: Yeah, doing it from behind isn't so you can't see her face, it's so you can do someone from behind.
MK: I sometimes fantasise to nudge myself along, but I'm not thinking, "I wish I was shagging Ryan Gosling" or anything.
RD: It's the same for men – this is a person next to you and your fantasy is a person who exists in a fantasy-land. Yeah, you might want to have sex with them, but real people are sexier.
JF: Scarlett Johansson could cut her hair short and I'd be like, er, not interested. It's that shallow. My girlfriend could grow balls and I'd still be up for it.
RD: Really man?
JF: No, I went too far. But the point still stands.

Dr Janssen says...
"There are lots of possible reasons for this! The idea that they don't want to see your face is far less likely than they don't want you to see them. They may be nervous; think about other explanations, because it's not necessarily always about you." **FHM**

ASHLEY ROBERTS

DRESS, BY BORDELLE FROM DOLCIFOLLIE.CO.UK.

HAIR: AARON CARLO/FRANK AGENCY; MAKEUP: AMANDA GROSSMAN/FRANK AGENCY; RETOUCH: DIGITAL LIGHT LTD



ROCK HARD

LIKE

ASHLEY ROBERTS

FHM goes one on one with a former Pussycat Dolls.

Words **Dan Jude & Rich Innes** Photography **Marshall James**
Styling **Gayle Rinkoff/Carol Hayes Management**

ASHLEY ROBERTS IS A LIAR.

Within five minutes of us meeting, that much is clear. "Honestly, taking off a tight latex outfit is not that cute," she tells a bemused *FHM*. "It's pretty when it's on, it's sexy when it's on… But when you take it off? That ain't sexy."

True, we've never seen the ex-Pussycat Doll, take off one of her many amazing outfits. But given what she looks like in them, our imagination has chosen to agree to disagree with Roberts on this.

The truth is, there's a wonderfully consistent streak of sexiness running through Roberts' impressive CV. After moving to Los Angeles from her hometown of Phoenix, Arizona ("It's just desert, cacti and rattlesnakes!"), Roberts became a founding member of The Pussycat Dolls pop group (evolved from the long-standing dance troupe of the same name) in 2003. For seven years, she cavorted, gyrated and wiggled seductively on television screens across the globe as part of the troupe, before striking out on her own in 2010.

Since then, she's been a very busy lady. Looking incredible on UK's *I'm a Celebrity… Get Me out of Here!*. Looking incredible on an ice rink in *Dancing on Ice*. Looking incredible while… Well, you get the idea.

"There's a part of me that always has the little bit of the sassy, sexiness in her. That's probably why I ended up with The Pussycat Dolls in the first place."

All of which means Roberts' first *FHM* shoot is long, long overdue…

Are you aware you're pretty good at this posing-for-pictures thing?
Growing up dancing and knowing how to move my body — I enjoy that and I like that I can express that. I've been dancing and wearing costumes my whole life, so there's that sexiness to who I am that I enjoy.

Have you always been a good dancer?
Yeah. I'll dance wherever there's music on. Even now, I just start moving and I'm like, "Don't talk to me, I'm gonna dance."

Do you have any special moves?
Several! Most of them are kind of jive-y; I just shake my ass, but I have a more traditional twerk, too. Then there's the cabbage patch, dusting the shoulders, the grocery cart, the running man…

Did you move to LA when you became a professional dancer?
Not quite. I would have gotten there sooner but I didn't have any money so I worked three jobs. I was a hostess, I taught at a dance studio, and then I was an MC at Bar Mitzvahs.

How did you get the Bar Mitzvahs gig?
Some friend was doing it and he was like, "Dude, I'm making 200 bucks a night." And I was like: "What? Okay!"

What did that assignment entail?
It's pretty simple. *YMCA* comes on, you get people up dancing. I'd get the energy going. But those days are behind me now, I'm afraid. I am no longer available for those types of bookings!

Lucky that you soon found yourself in The Pussycat Dolls, then.
Yeah. They'd already been around for a while when I got my audition. It was a known group of the top girls in the dance industry. I got in but was too young to even stay at the bar at that time, so I had to do the gigs and leave! Carmen Electra was fronting it back then and it just got a buzz going around LA. We had Charlize Theron for a one-off gig; Christina Applegate was around; Christina Aguilera and Britney Spears came along… Eventually a big record company decided to make us into a group.

And then pop music got sexy, right?
The Spice Girls still had sexy outfits but they were more like dolls that you could play with. We sexed it up a bit and were a bit edgier. A lot of that came from where The Dolls originated. It was a burlesque group before it became a pop group, so we kind of combined the two.

Had you always wanted to get into show biz?
My dad drummed with The Mamas & the Papas and played in a few other bands. He had his own group, Thorn Hill, who I grew up with and it supported Jimi Hendrix. My dad has this book he flicks through sometimes and he's like, "That's where Jimi and I smoked together" and I'm like, "What?" It's crazy. But yeah, performing is my heart and soul. I'm going on tour with Ant and Dec, and I get to perform my solo stuff on stage — so that's pretty cool.

How did you end up on reality show *I'm A Celebrity… Get Me out of Here*?
In 2012, I promised myself I'd do something each month I'd never done before. So I skydived, took trapeze lessons, rode a motorcycle… Stuff



QUICK-FIRE ROUND!

Heels or trainers?
Heels, so long as we're going out.

Thumb war or arm wrestle?
Thumb war. I have tiny hands, but my thumbs are *ninja*-like.

Zombies or Zumba?
Zumba.

Pies or pyjamas?
Pyjamas.

Ice cream or ice lolly?
Ice lolly.

Ducks or swans?
Swans.

Hands for feet or feet for hands?
Hands would mean that I'd have to crawl everywhere. I could learn to do stuff with my toes, so I'll go with feet.

Coffee or tea?
Tea.

Bum or boobs?
Bum.

Holiday or festival?
Holiday.

Donuts or doughballs?
Doughballs, definitely.

that I'd never done before. When I got the call for *I'm a Celebrity*, I went, "Dude, it's snakes and bugs and things. Nah." But then I thought about it, called them back and said, "Listen, f**k it. I'll do it. I'll go on this crazy journey and have stories to tell my kids someday." Two weeks later, I was on the plane.

What was the worst bit of it?

The eating challenges. I also got a lot of the gooey trials — the ones where I had to dip into fish guts and stuff like that. The problem with those is that you're not allowed to shower afterwards. You have to get into a van with no air conditioning and get driven back to the camp. When you get back, you say you're ready to take a shower and they're like, "We don't have a filter for the waterfall, so go dip in the pond." The pond! It's gross; you just feel so dirty. You end up visualising a shower, clean water and eating something that has taste to it. It's a real mental test: I don't know how I handled myself under those circumstances to be honest.

Since then, you've become increasingly famous in the UK. Despite being an American, are you starting to feel British?

The London lifestyle was hard to get used to at first — the cold, taking public transport instead of driving, the food. But now I find it all quite inspiring. I get the British humour, too. Although I find British guys different from Americans… British men have some extra things going on. I wasn't sure what to do. I wasn't used to that at first.

Sorry, what?

You know… down there!

Erm, you mean foreskins?

Haha, yes. I had to call my gay friend and ask him what to do with it… It's very different in America; everyone has the snip. A few guys keep it but mostly it's snippy-snippy.

Are you pro-snip?

I've experienced both so I'm fine with it now. At first, I didn't know what to do; now I'm like, "Okay, we can work with this."

What kind of date are you?

I can be the girl next door but I can still kick your ass.

Sounds like a good combination.

I like to think I have good morals but I still have a little bit of an edgy side. I'm a very independent person so I need somebody who's independent and strong within themselves as well. I don't necessarily need somebody in order to get things done. I don't need a blanket, do you know what I mean?

So you don't want someone you can walk all over then?

No, that wouldn't work. I'd eat you alive! **FHM**



BLACK BRA WITH SATIN TRIM, BY NICHOLE DE CARLE. PANTY, BY WOLFORD. LEATHER-STUDDED JACKET, BY THE RAGGED PRIEST. STOCKINGS, BY FALKE.


“I HAVE A LOT
OF DANCE MOVES...
I’M PRETTY GOOD AT
SHAKIN’
MY ASS!”





"I USED TO TEACH AT A DANCE STUDIO AND MC AT BAR MITZVAHS."



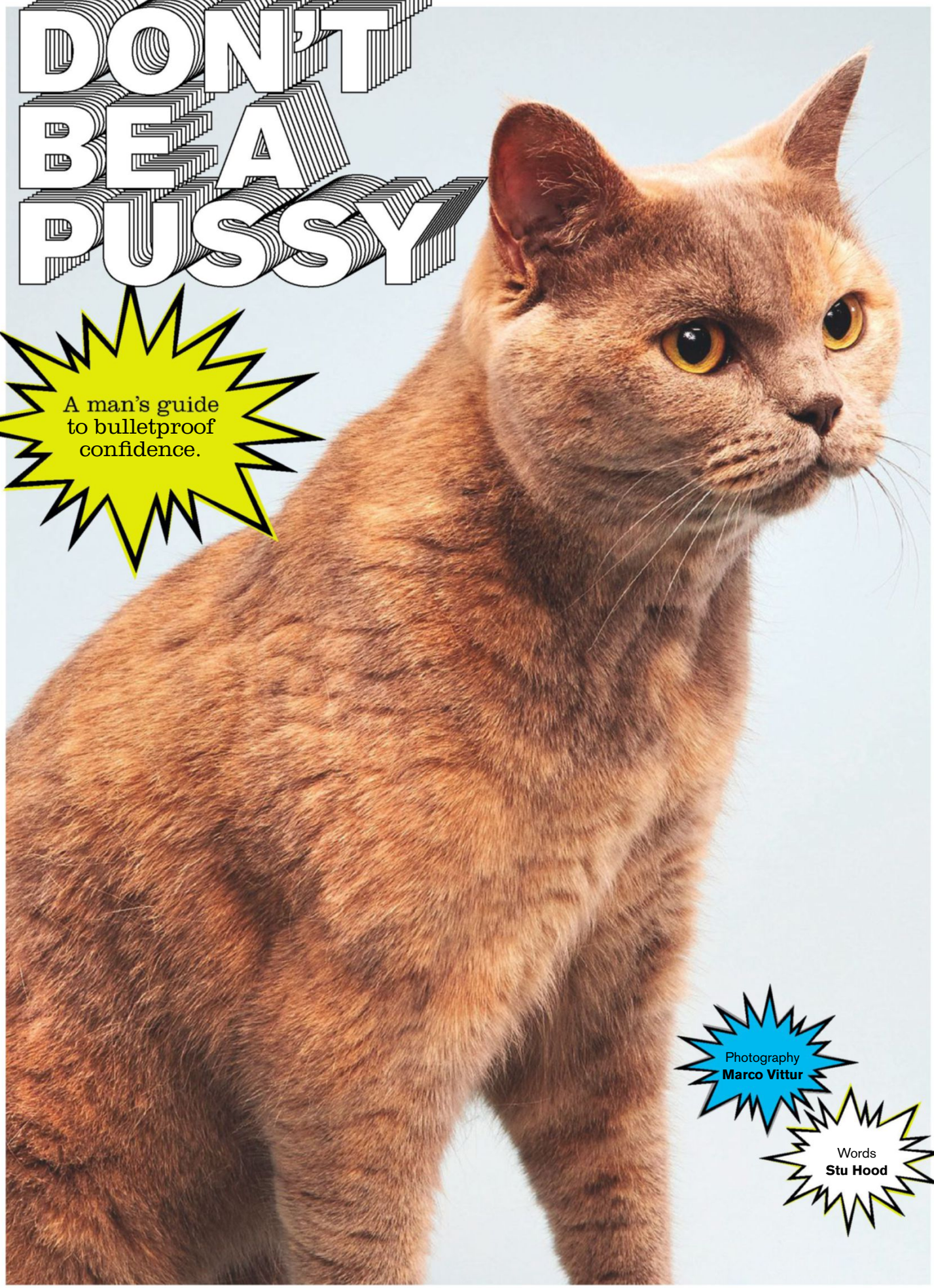


BONDAGE SWIMSUIT, BY BORDELLE FROM DOLCIFOLLIE.CO.UK.



DON'T BE A PUSSY

A man's guide to bulletproof confidence.



Photography
Marco Vittur

Words
Stu Hood

Sweat-free job interviews!

Stephen Conway worked as a recruiter for some of the world's biggest brands before setting up his own interview-coaching business. Here, he shares his expert tips…

"People's ability to ruin their chances of getting a job before they get to the interview room never fails to amaze me.

"Sometimes it's down to their CV – a graduate from a 'top university' recently sent me one that was littered with text speak (hint: when going for a job, it's always "because" and never "bcoz"). Sometimes it is down to their clothing – one guy I interviewed walked in wearing a Mickey Mouse tie and socks (hint: if in doubt, play it safe). And sometimes, it is down to the way they treat the receptionist (hint: never, ever underestimate the power of the receptionist. Most recruiters will trust them and ask for their opinion on candidates. If it's negative, 95 per cent of the time the person won't get the job).

"Never claim something you can't prove. For example, I once asked someone if they could drive. They replied 'yes', so I asked to see their licence. They had to admit they were only learning to drive. This wouldn't have been a big deal. But the original lie was there.

"Other good tips are: wear a watch, because some interviewers genuinely believe not wearing one means you are a poor timekeeper. Keep your answers brief, clear and relevant. Be aware that recruiters always give the job to someone who they like, trust and believe will add value to the company. And last but not least, remember to put your trousers on. Okay, so that's not a big issue in face-to-face interviews, but it has honestly happened during Skype interviews. One time, a candidate's wife walked behind the camera wearing next to nothing. Another time, a candidate needed to go and get something, but didn't seem to want to. Eventually, he had to admit that while he was wearing a suit on the top half, he didn't have any trousers on. It was hilarious. But not good for his job prospects."

Stephen Conway is managing director of Interview Experts (interviewexperts.co.uk).

Get the perfect handshake!

A study by researchers at the University of Illinois revealed just how important handshakes are to making a good impression on strangers. Here's what they discovered…

1. Start early
Reaching for the other person makes you seem confident. So as you're approaching them, put your hand out early.

2. Avoid finger-grabbing
Scoop the other person's hand up for full palm-to-palm contact; it makes you appear open and honest.

3. Know your role
Every handshake has – at a very subtle level – a leader and a follower. If you want the other person to feel flattered, wait for them to apply pressure.



Talk like a DJ!

Radio 1 DJ Matt Edmondson explains how he made the transition from short, scripted television programmes to unscripted three-hour radio shows.

"Terrified would be the best way of putting it. There was a week to go before my first Radio 1 show and I was petrified, because I had never done one before. Fortunately, I knew that most people's anxiety about speaking in public revolves around the first few words, so if you can get past these you tend to be well on your way to a successful conversation, speech or, in my case, radio slot. With this in mind, I practiced my first link over and over again. It was only 20 seconds long, which was nothing given the show lasted three hours, but I knew that if I could nail it, then the rest would take care of itself.

"When it comes to actually talking to people: Cut the crap. Most people have built-in bullshit-o-meters. People who admit they know nothing and ask interesting questions tend to get interesting answers. Listen to what people are saying – as opposed to frantically worrying about the next topic of conversation."

Listen to Matt Edmondson on BBC Radio 1, weekends, 10am-1pm.

Overcome your fears!

Danny Cadamarteri, 34, made his Everton debut aged 17 and remains the youngest-ever scorer in the Merseyside derby.

"Any footballer who claims he wasn't scared when he made his first-team debut is lying. I was extremely anxious about the idea of playing for Everton in a Premier League game. I was just 17, and it was against Chelsea. I remember I came on as a second-half substitute and played pretty well. The next time they played me was against Barnsley, my first start, and I felt even more confident. That was the game where I scored, and the moment the boss told me I was going to start the next match was the moment I felt like I belonged. The next match was of course the Merseyside derby.

"Everton versus Liverpool is the biggest game of the season. The build up was intense and the noise from the stands when I walked onto the pitch was deafening. I was so nervous before kick-off. Especially when I realised I was facing off against Liverpool centre-back Neil Ruddock – one of football's hardmen. Sensing my apprehension, my fellow striker Duncan Ferguson came over and said, 'Stay away from the big boys, run onto my flick-ons and let me take care of everything else.'

"The fact Big Dunc was going to be my protector calmed me down and helped me remember that I had just turned 18. In other words, I shouldn't really have a care in the world.

"In the 75th minute, I robbed Liverpool defender Bjørn Tore Kvarme and headed for the box. I saw Neil coming over and shifted the ball to one side. Suddenly the goal opened up and I had a chance to seal a 2-0 win. It was daunting, but I stayed calm, told myself to 'be confident and hit it hard and low' and hammered the ball into the corner of the net. It was an incredible feeling."

Danny Cadamarteri is a coach at the Sheffield Wednesday Academy and one of the brains behind The Soccer Akidemy, which runs football training sessions for kids (thesoccerakidemy.co.uk).



Stick it to the man!

In 1997, BBC war correspondent Martin Bell, sick of political corruption, quit his job and stood for election as an independent MP — something no one had done since 1951.

"Things can happen pretty quickly when you decide to take a stand against the system. I know this because, back in 1997, there were only 24 days between the moment I quit my job at the BBC and the moment I overturned a Conservative majority to become the new independent MP for Tatton.

"When I began my campaign to unseat sleaze-linked Conservative MP Neil Hamilton, I had very little idea about the mechanics of politics and even less optimism about my chances of success. But what I did have was confidence. I was confident that my career in TV would allow me to come across well. I was confident that I was right to take a stand against corruption. And, thanks to my experience of reporting from war zones, I was confident that I could handle whatever flak came my way.

"A lot of flak did come my way. I was heavily criticised by my ex-BBC colleagues and branded 'totally unsuited to politics' by Neil Hamilton. And, during one unpleasant debate on Knutsford Heath, I was torn to shreds by Hamilton's wife, Christine. So why did I open myself up to this abuse? I did it because I needed a new challenge and wanted to make a stand.

The next 24 days are a bit of a blur, but I do remember realising the importance of confidence and enjoying the looks on the faces of Hamilton's campaign team's towards the end of polling day. Their expressions said 'you've got us' and sure enough I had, winning with a majority of over 11,000. This victory meant I became the first independent MP to sit in the House of Commons for 46 years. I was independent and I didn't have to kowtow to a party whip, so had the freedom to say how I felt on every issue and hold any MP I wanted to account. I did just that. My most memorable moment was when I took on PM Tony Blair over his decision to change the government policy on tobacco advertising at Formula 1 tracks shortly after Formula 1 boss Bernie Ecclestone had donated £1 million to the Labour party. That made me rather unpopular in the House, but I didn't care. I hadn't got into politics to make friends. I'd got into it to make a difference. And, thanks to having the confidence to make a stand, I managed to do just that."

Martin Bell's book of poems For Whom the Bell Tolls *is out now, published by Icon Books.*

Speak without fear!

American entrepreneur James Altucher reveals his tips to make a good impression when public speaking. Here's his top three…

1. Start with a joke
Cracking a joke in the opening few minutes of your speech is a must. Making people laugh should ease them into your speech.

2. Tell stories
Don't be afraid to occasionally throw in an anecdote. You want to keep people entertained and this is a good way for them to get to know you.

3. Pause
The best way for people to take in what you're saying is by pausing every so often. It avoids the impression that you're rushing through it.



Make a huge decision!

Become your own boss!

Last year, Hannah Rhodes, 31, quit her job to launch her own craft beer, Hiver Beer.

"It's one thing having a great idea. It's another thing entirely having the guts to act on it. I know this, because I've had lots of business ideas in the past and deep down I never felt brave enough to put my savings behind any of them. Which was why, two years ago, I found myself working in sales and marketing. It was nice enough, but it didn't particularly excite or inspire me. Then one day, I went to an 'introduction to bees and beekeeping' course and had what my stomach told me was 'the idea'. I was going to produce a honey beer.

"This really was a dream opportunity because it combined two things I was very passionate about – beer and bees. But it was also a big step that involved leaving my comfortable job and life behind. People often ask how I plucked up the courage to do this. I gained self-confidence firstly by brewing some trial bottles and testing the product at focus groups. And secondly, I gained the guts to make the big leap by speaking to my friends and family (they all said go for it) and asking myself one question: what would I regret more – trying and failing or not giving it a shot?

"The answer was not giving it a shot. I handed in my notice, invested my savings, racked up some credit-card debt and began turning Hiver Beer into a reality. It was tough at first, and I wasn't able to pay myself a wage for the first nine months, but I kept presenting the beer with confidence and soon suppliers began to take me seriously.

"After a few months, I started being listed in pubs, hotels and stores like Selfridges, who really bought into the quality and story behind my beer. But my big breakthrough came when a confident pitch enabled me to win Ocado's *Dragons' Den*-style 'Britain's Next Top Supplier' competition this March. I'm sure there are challenges ahead, but my experience shows that you can achieve an awful lot if you have the confidence to make a huge decision."

For more information on Hiver visit hiverbeers.com

Setting up a new business can be daunting. Here's three tips from *Dragons' Den's* James Caan for striking out on your own…

1. Create simple ideas
Your idea doesn't have to change the world. The best businesses are built on ideas that are simply clever tweaks on existing products.

2. Determination is key
Ask yourself if you've got the DNA of a strong-willed entrepreneur. Is setting up your own business something that you really want? You'll need confidence to go out there on your own.

3. Share your idea
Don't be paranoid and keep it locked away. Tell as many people as you can about your idea to spread the word, which will hopefully attract investors.

Extract taken from James' book, Start Your Business In 7 Days, *(Portfolio Penguin) which is out now.*





Talk to a hot girl!

Former model and dating expert Kezia Noble tells us how a normal schmo can drum up the confidence to talk to any girl.

"Men often suffer from the 'dazzle' effect of a beautiful woman. In order to create a multitude of excuses to not go and speak to her, they'll convince themselves that either the stunning woman is out of their league or difficult to impress.

"Consequently, most men will let the opportunity pass them by. All that is needed here, is a little 'mind management'. Next time you feel that 'dazzle effect' take a mental step back, and try to find two things about the stunning girl that aren't quite perfect. It could be anything from her posture to the way she's chewing her gum. Don't worry; you don't have to tell her any of this. The important thing is that by forcing yourself to stop seeing her as 'perfect', you'll stop your mindset from being needy. This technique will take that sting out of the initial anxiety, and will help you get things in perspective and will produce a more confident mindset."

Kezia is the author of The Art of Seducing Women *available to buy at kezia-noble.com.*



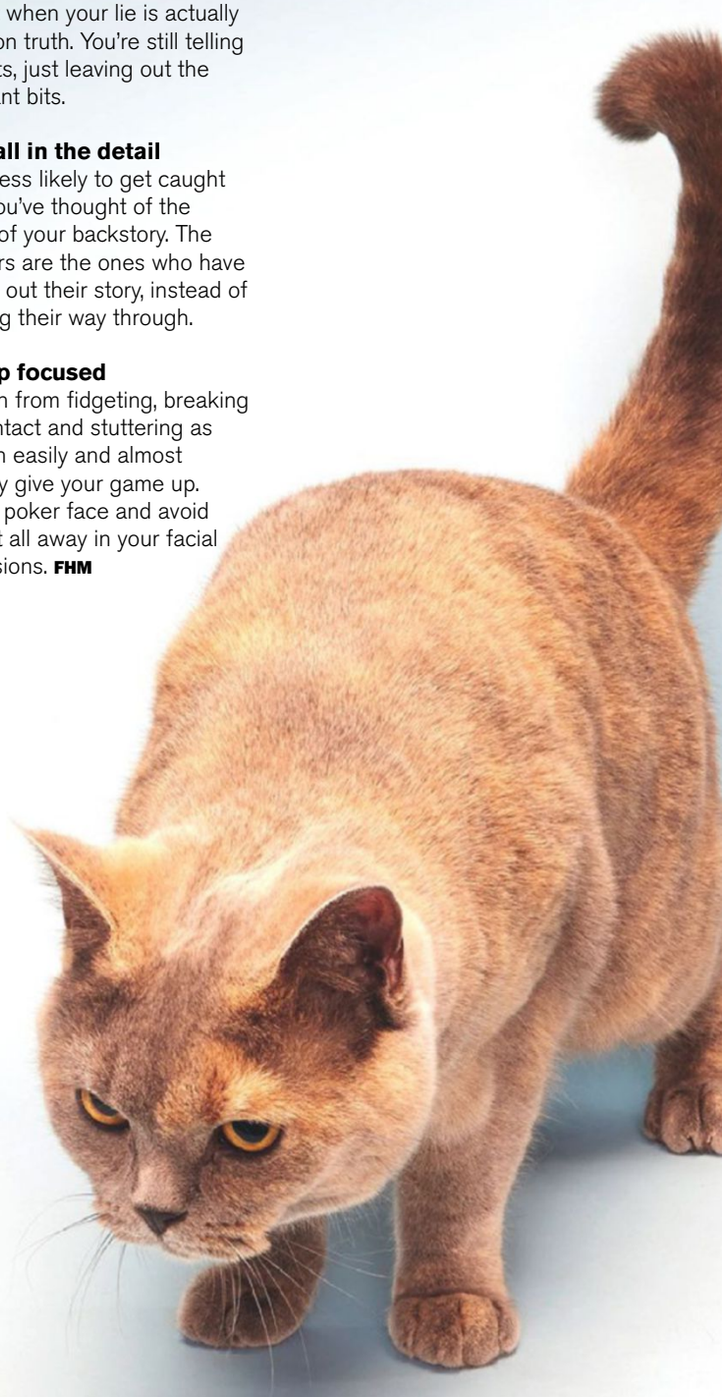
Learn to lie!

No word of a lie: here's a list of things that the best fibbers do to maximise their effectiveness

1. Tell the truth (sort of...)
It's hard for someone to catch you out when your lie is actually based on truth. You're still telling the facts, just leaving out the important bits.

2. It's all in the detail
You're less likely to get caught out if you've thought of the details of your backstory. The best liars are the ones who have worked out their story, instead of blagging their way through.

3. Keep focused
Restrain from fidgeting, breaking eye contact and stuttering as that can easily and almost instantly give your game up. Keep a poker face and avoid giving it all away in your facial expressions. **FHM**



NO FEAR

No, this isn't the revival of the tacky '90s clothing brand — rather, *FHM* takes our hats off to ordinary folks who devour fear for breakfast on a daily basis.

Words **Timothy Wee & Emillio Rodrigues**

Fear is a universal human instinct; even heroes experience it (Superman cowers at the sight of kryptonite). That said, it's how we react to fear that defines us as a person. While most shrivel up into a ball and whine for their mums at the sign of danger, the following individuals have shown the uncanny ability to suppress fear and go about their chosen fields of work. Hang on to your jock strap — what you learn might really surprise you.

DARREN TAN
37, GRAVEDIGGER

With the pressure of running the family business growing weary on his old man's aching shoulders, Tan quit his job to help carry his father's load. Today, he is the third generation of Tans to take over the reins at Chua Chu Kang Marble Co.

GOT A PAIR?

The man spends half his time touching dead bodies; need we say more? Yet, he believes his job is no different than any average Joe. In his defence, he did spend his entire life growing up beside the cemetery.

Fast-forward to the present and the place he once called "playground" has become his livelihood. Tan's job is to provide an extra-special goodbye to the newly departed. As such, his team helps out the bereaved families in many ways. This can be anything from arranging prayer sessions to the production of customised graves, which, Tan points out, have evolved into a niche of its own. He has received requests for graves to be shaped like vehicles and even musical instruments. The most challenging part of his job? "Fixing" up the anatomy of a dead person.

Tan admits he has questioned his peculiar career choice, especially on days when he works into the wee hours before a funeral. In the end, he believes that it's the gratitude of the grieving families that spurs him on to work ever harder.

HOW HE CONQUERS FEAR

"You can work for me to find out. It's a mental ladder you have to climb. You have to take it a step at a time till you're finally able to get over your fear."

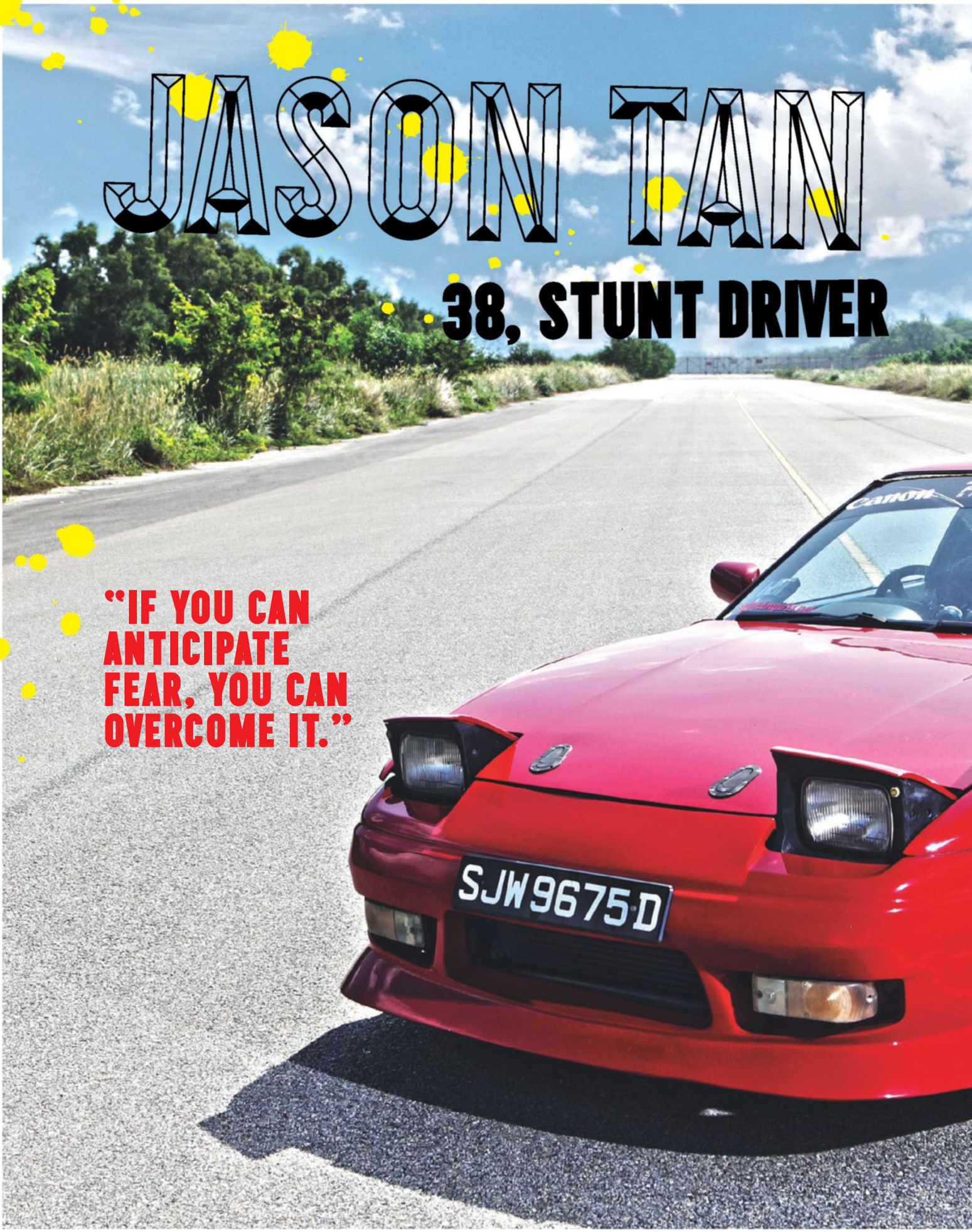
BALL-SHRINKING MOMENT

"I was alone in the office one night, preparing pictures of the deceased, when my scanner just stopped working. I prayed and 'spoke' to the spirit and the next thing I knew, everything was working again."

PHOTOGRAPHY: HONG CHEE YAN

JASON TAN

38, STUNT DRIVER



"IF YOU CAN ANTICIPATE FEAR, YOU CAN OVERCOME IT."



PHOTOGRAPHY: KELVIN CHIA



Movies rarely have a lasting effect on people. They're great conversation fillers and a nice idea for a first date. But for Tan, it inspired him to make a life-changing decision. Speed flick The Fast and the Furious *gave the former BMX enthusiast the goose bumps and convinced him to leave the corporate world to be a pro-stunt driver.*

GOT A PAIR?

You have to be pretty ballsy to quit a stable job to live out your dream; especially when that dream involves death-defying acts. It's one thing to beat the lights on an empty road, but Tan has transformed his need-for-speed hobby into a full-time career.

When he started out as a novice, Tan admits to taking part in street-racing sessions to hone his driving skills. From learning drifting basics to more advanced techniques like power sliding, Tan has mastered them all. He likens his skillset to that of street racer Sean Boswell from *The Fast and the Furious: Tokyo Drift.* Despite crashing on numerous occasions, he admits it's a risk that comes with the job. "You might find it surprising, but I'm actually a pretty safe driver. I make calculated risks so when I crash, it isn't as bad as you think it is." Aside from holding showcases where his team dazzles with their combined driving prowess, Tan also runs clinics for a new generation of stunt drivers.

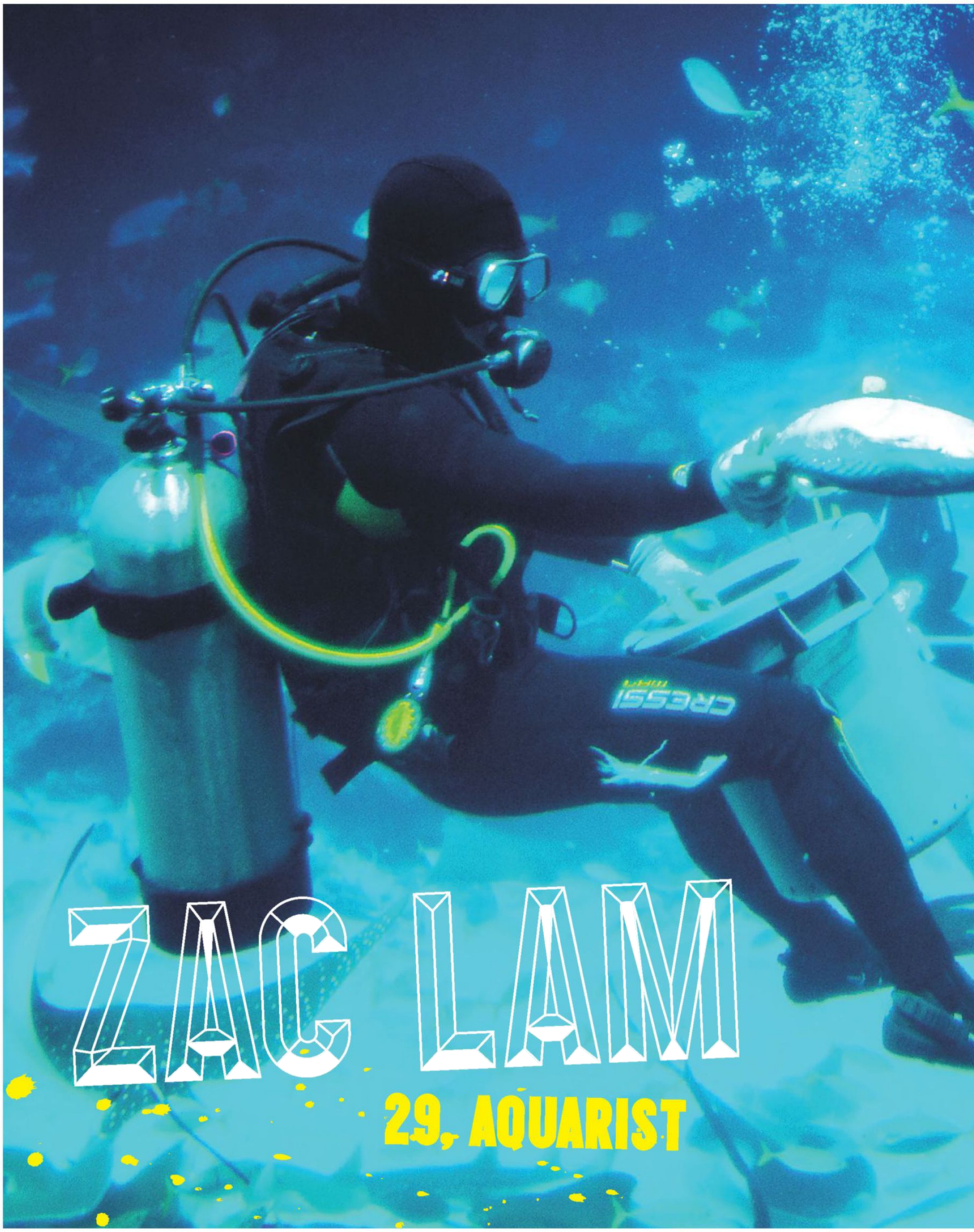
Although he's an extreme car-stunt veteran, the soon-to-be 40-year-old has also been perfecting his motor-biking skills so he can add them into his driving repertoire. "I'm not the sort of guy to be worried about the consequences. I just drive."

HOW HE CONQUERS FEAR

"If you can anticipate fear, you can overcome it. When you plan and prepare to face the fear, you'll normally feel nervous. But you just have to push on and slowly climb your way out of it."

BALL-SHRINKING MOMENT

"I was in a competitive race where I made a mistake and crashed. Thankfully, it was only my bumper that fell off and I escaped largely unscathed."


ZAC LAM
29, AQUARIST

Trading in his cleaver and apron, Lam's story is a modern Cinderella tale. In 2011, the former hawker took the plunge to become an aquarist after developing a passion for marine life. Armed with the life motto, "Fear is a choice", the dive master now rubs shoulders with sharks daily.

GOT A PAIR?

It takes guts to sleep with the fishes as any self-respecting Italian gangster will tell you, and an aquarist is no stranger to the deep sea. Feeling right at home in the water, the down-to-earth Lam sheepishly admits it took him over 30 dives before perfecting his diving techniques. Ever on his toes, the passionate aquarist is aware of the fact that anything can go wrong with each new dive. However, that hasn't stopped him from going about his duties.

Considering friendly porcupine puffer fish and aggressive nurse sharks as his friends, Zac conducts daily hand feeding for the creatures in SEA Aquarium at RWS, assisting the medical team, as well as facilitating marine-life outreach programmes. The keen deep-sea explorer readily admits there is an element of danger in his line of work. After all, marine creatures, like all other animals, are unpredictable creatures. To safeguard himself, Lam makes it a point to observe and learn the behaviour of his gilled charges. He also commands an extensive knowledge of marine life anatomy and various different feeding techniques.

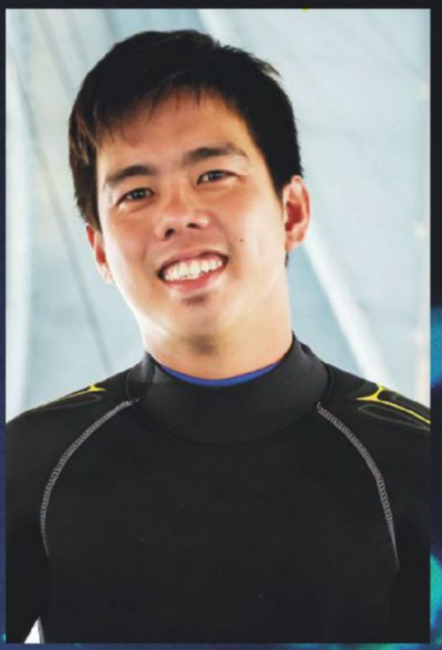
Besides being one hell of a ballsy aquarist, Lam is also to be commended for pursuing his passion. Declaring it as his life's "proudest achievement", he left behind a monotonous hawker job to realise his dream of working with marine life. Today, Zac is proud to hold this challenging job. After all, not many people can lay claim to tango-ing with a 2.8m-long sawfish.

HOW HE CONQUERS FEAR

"All you have to do to conquer fear is to adopt the "Yolo" spirit. You only live once, so you shouldn't be scared to try anything."

BALL-SHRINKING MOMENT

"During mating season, the nurse sharks can get quite fierce and hostile when they are in heat. It is common for these 3m-long creatures to get into biting duels, and it's my job to get in there and break things up. I don't always succeed but I try my best."



"YOU ONLY LIVE ONCE, SO YOU SHOULDN'T BE SCARED TO TRY ANYTHING."

PHOTOS: URBAN PRIMATES

BEN MATCHAP

22, PARKOUR PRACTITIONER & COACH

A parkour practitioner of seven years, Matchap breezes through our urban jungle like a bolt of lightning. Vaulting over walls and railings, the free-spirited LaSalle College student has been an integral part of the local parkour scene. In 2013, he was a participant in the first local parkour competition, Licence2Play. Besides uploading his exploits on YouTube, Matchap is also the founder and coach of parkour school Urban Primates.

GOT A PAIR?

Ever since being featured on citizen-journalism website Stomp, Matchap's crazy parkour antics have captured the imagination of many young Singaporeans. Be it climbing out of a locked flat or jumping down a multi-storey car park, he does it with such ease it's easy to forget about the impending dangers.

Drawing inspiration from Bruce Lee, Matchap considers parkour as a way of life. Since starting his own unofficial parkour CCA in secondary school, he has been moving his body through urban obstacles in the quickest and most efficient manner. Not contented to follow the well-travelled path, Matchap relishes the flexibility of having different ways to complete a route — even if it means attempting a seven-storey high jump!

But that's not all the daredevil has to contend with. On top of the physical danger, he also has to deal with an unfriendly public. Many times, his Urban Primates crew have had to bear the brunt of irked citizens despite committing no crime. It's not uncommon for the cops to turn up during their training sessions. However, Matchap is glad things are improving. With parkour gaining more exposure, he hopes the general public will one day accept parkour as a legitimate sport.

And he isn't just stopping there — the ambitious dude hopes to "awaken" others to parkour. As a living embodiment of the sport's motto, "Be strong and be useful", Matchap uses his coaching expertise to help others unlock their potential to become parkour practitioners. Beyond that, he also hopes to establish a new segment in the sports industry. Currently, Matchap has big plans to set up his own full-fledged parkour gym. By doing so, he hopes to create jobs and put Singapore on the global parkour map. We're not sure about you, but we reckon that's some pretty big cojones for one so young.

HOW HE CONQUERS FEAR

"When you first encounter something new, you'll definitely be a little scared. There are two ways to respond to fear. You can choose to respond positively with curiosity or feel insecure and get all defensive."

BALL-SHRINKING MOMENT

"Once I was over at this girl's place and her parents came home unexpectedly. She was staying on the seventh floor, so I had to hang outside her window (the ledge was practically non-existent), while her parents were in her room. Once the coast was clear, I immediately got my stuff and ran out of there."











PHOTOS: URBAN PRIMATES



SMRT (FEEDBACK)

ONLINE "VIGILANTEH"

They don't walk on tightropes or run into a burning building to save a cat, but these enigmatic individuals get the nod for their brash-yet-hilarious posts on all things Singaporean. They're some of the rudest folks on the Net, but we all agree that their opinions actually make sense. Driven by the lack of a proper feedback channel for locals to voice their displeasure (Stomp doesn't count), these keyboard heroes are here to listen to your rants while sipping teh tarik. *From discussing politics to digging at the silliest online feuds, the men (might even be women) behind SMRT (Feedback) hold nothing back when speaking their minds. Here's what they have to say…*

What inspired the team to create SMRT (Feedback)?
We were inspired by the lack of a feedback channel to voice our displeasure with the transportation system. Combine that with the silliness of commuters' complaints, we felt we needed to do all parties a favour by opening up a platform to collect such "feedback". The Facebook page was set up on 14 Dec 2011. A day later, Singapore faced its first major train disruption, followed by another one on 17 Dec. It was like the stars were aligned for the birth of our badassery.

"WE HAVE GROWN TO LEARN THAT THE LESS WE GIVE A FK, THE HAPPIER WE WILL BE."**

Ever had any reservations about promoting satire and online activism?
Not at all. Having a satirical platform allows us to have free rein on sarcasm. Why sarcasm? Based on scientific research, sarcasm stimulates complex thinking and creative problem solving — something apparently absent from the Singaporean masses these days. We guess that's where our brand of online activism comes in: To get people to think creatively.

What does being fearless mean to the team?
It means living life on the edge — not because we are forced to but because we chose to.

In light of the Charlie Hebdo attack, does the team considers what it does to be "brave"?
Charlie Hebdo was throwing rocks from a glasshouse. One can be brave, yet unwise. In this context, we'd rather not be identified with either.

Was there ever a particular hate mail or threat that unsettled the team?
We've received enough of those that if we had a penny for each, we'd be millionaires. There was once a threat of mutilation that unsettled us because the individual didn't mention what weapon he was going to use. We spent the whole night hoping it wasn't a blunt object and that it was something nice and clean cut — almost artistic.

Why does the team continue to do what it does?
Sometimes a necessary evil precedes a greater good.

What is the team's gutsiest story to date?
The Jover Chew saga. This guy had an army. But then we realised we were the Hulk.

How many admins are handling the SMRT (Feedback) account?
Enough to overcrowd a cell in Changi Prison.

Is there a detailed plan as to when you release content?
We schedule our content in advance for the week but most times, if any of us has to rant, we'll post some shit just to let it out of our system. It's like our own personal blog.

How does everyone cope with day jobs while running the page?
Unlike actual social-media managers, we don't need to monitor the page. We post as and when we like, and will most times only check the comments in the evening when we are on the way home from work. That's why people will notice we don't interact much on the page.

Does anyone plan to leave their jobs to run the page full-time?
We are all our own bosses actually.

What's one thing the team has learnt from running the account?
We've come to realise that if we post unsubstantiated bullshit, we are just going to attract pests. By being witty, we'd attract the intellectuals, and once we have them on the page, we can have more constructive discussions on things that matter rather than having idiots going on about xenophobia and other crap.

Does the team think that it is pretty social-media savvy?
Not that it has crossed our minds. We just happen to read and be aware of what everyone else is thinking, and then exploit that level of awareness on social media.

Does social media pose a challenge to the team's style of writing?
Since social media is built on social interactions, and there are still many people who don't seem to understand sarcasm, then yes.

2014 was not a good year for bloggers (or "influencers"). What separates your team from them?
All of them have a reputation to uphold. We don't. We are always in hot water to the point that we've enjoyed swimming in it.

Does the team sees itself as a role model for other Singaporeans?
Despite our notoriety, we have been known to be rational, unbiased and logical in the socio-political arena. Aside from licking our own balls with that comment, it is our greatest hope that people will start pulling their heads out of their asses, and to start raising their words, not their voice.

SMRT (Feedback) recently introduced sponsored ad posts on its page. Are your ads more "ethical" compared to other influencers?
Not that we bother to compare, really. Ethical or not, many of our followers know we do it for the ka-ching, not the *kacang*.

We imagine running SMRT (Feedback) is a stressful task. How do you guys keep your composure and unwind?
It's pretty stressful, you know, walking around with these humongous balls. We have grown to learn that the less we give a f**k, the happier we will be.

How do you conquer fear?
Understand your fears, then you will realise that's actually all you ever needed to do.

Does the team's online bravery extend offline as well? Are you all the sort to stand up for a real-life damsel in distress?
We'd like to think so. If it's a damsel, it's not only our legs that will be standing up.

What is the team's most ball-shrinking moment?
It was the day when our friend showed us a copy of a magazine where Xiaxue was in a bikini. We are still having nightmares to this day. **FHM**

FILTER

10 must-knows for the month ahead

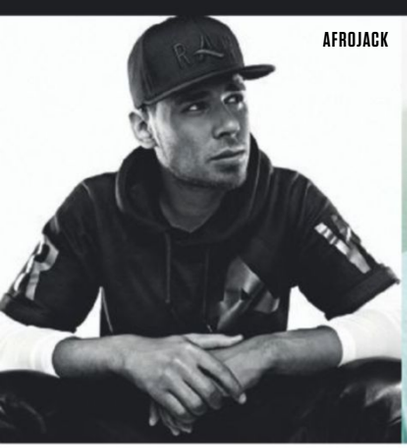


01

TV

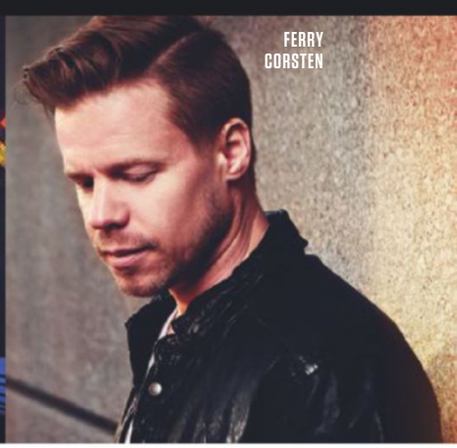
FUTURE MUSIC FESTIVAL ASIA 2015

Making its debut in Singapore with a 140,000sqm venue and a dream line-up.


AFROJACK


AVICII


SIGMA


FERRY CORSTEN

After making headlines for cancelling its entire third-day line-up just hours before the show was to start last year, *Future Music Festival Asia*'s (*FMFA*) future was looking pretty grim. But what doesn't kill you makes you stronger — and there's no better example of that than with Livescape Group's plans for the festival in 2015. Because it is pulling out all the stops and we love a good comeback story, here are five reasons why you need to attend *FMFA* this year.

It's happening in Singapore for the very first time

Since the festival is happening right on our doorstep this year, we get to save on travel and accommodation costs. And while we'll definitely miss the great food in Malaysia, not having to pack a suitcase and avoiding a seven-hour coach ride up to KL, trumps all. Plus, playing host to a festival on this scale is going to give our little island some major street cred.

Its line-up is kickass

Electronic dance music (EDM) fans who want to rage like it's their last day on earth are in for a treat. While all the big names such as Fatboy Slim, The Prodigy, Knife Party and Avicii are there, we've got to give the organisers props for rounding out the roster beautifully with edgier acts like Example, Nero, Sigma and Robin Schulz. From drum-and-bass to deep house, we're stoked at the diverse range of EDM *FMFA* is dropping. Prepare to shake your ass till dawn.

There will be large-scale pyrotechnics on display

You know that point when you're standing in front of the stage listening to a killer set by your favourite act? You're waiting with bated breath as the music builds up — and then the bass drops. The crowd goes nuts and the stage erupts with pillars of fire from all sides. You feel like the stars have aligned to bring this one, glorious, perfect moment in time. Yup, that's what *FMFA*'s Supernova main stage will offer,.

WORDS: JANINE LEE




NERO


ROBIN SCHULZ

You'll get to ride bumper cars while semi-drunk

Most festivals include a ferris wheel on the grounds and call it a day. But for everyone wishing for more exciting fringe activities to accompany their music, FMFA won't disappoint. The venue will also house fun carnival rides like a carousel, gyrospin ride, bumper cars and something called Meteorite — which if you ask us, sounds rather ominous, especially if you've had a few beers and just consumed a box of extra-spicy burritos.

Low risk of cancellation due to drug-related incidents

We don't mean to sound like prudes, but no one wants to party in an unsafe and volatile environment. And with our strict laws and zero-tolerance policy on contraband, we're betting things will go a lot smoother this time. At the end of the day, we're all just here for the music and good vibes, let's keep it that way.

FMFA 2015 i*s held 13-14 Mar at Changi Exhibition Centre. Tickets from futuremusicfestival.asia.*

02

MAN



EXAMPLE

British rapper Elliot Gleave, better known as Example, reveals his 2015 music plans.

Congrats on your new baby boy. How's fatherhood treating you?

I'm loving it and it's cool that I have time off to be around to help my wife. But I'm back to work, starting with *Future Music Festival* in Australia, followed by a mini-Asian tour.

Excited to be back on the road?

Not as excited as I was before because I've got a kid now. I don't look forward to the flights, hotels and all that; done that a thousand times. But I still look forward to being on stage. Every time I step on stage, there are thousands of people singing along, clapping, smiling and going crazy — that's what makes the job worthwhile. I'm going to miss my wife and son when I'm on tour. I hope to cut down on the amount of touring this year.

Your music has evolved over the years. What direction are you heading in now?

My debut album (*What We Made*) was hip-hop, and kind of jokey and laddish. It had a unique, fun vibe. The second (*Won't Go Quietly*) also had fun tracks but a lot more storytelling. Then the third (*Playing in the Shadows*) and fourth (*The Evolution of Man*) went very "dark"; while the fifth (*Live Life Living*) wasn't my best in terms of connecting with listeners. With my next batch of songs, I'm trying to get back to "fun" and speak to the fans more.

You also co-produced some tracks in your last album. Enjoyed it?

I still don't really know how to use computer programs like Logic or Pro Tools. I need someone to operate the software while I tell them the direction I want. I've realised from my last album that it's best if I let the professionalss do their job, and I stick to singing, rapping and writing.

"With my next batch of songs, I'm trying to get back to 'fun' and speak to the fans more rather than just to myself."

Can we expect a new album anytime soon?

I've started work on it but it'll probably be out 2016. It's not really my call. If I put a song out this summer that's successful, the record label might try to rush it out.... I might even never do an album again and just concentrate on singles.

People don't really look forward to albums anymore, do they?

Most don't seem that bothered by album releases because of playlists and music-streaming services; they just want to hear their favourite tracks. Which is a shame. **FHM**

Catch Example at FMFA.



03 MAN

JOE LABERO

FHM learns the tricks of the trade from the four-time Merlin Award-winning Swedish illusionist.

Be passionate

Growing up, I had many interests: Ice hockey, football and table tennis. But after I received a magic box from my parents, I knew magic was my passion. At the age of 12, I wanted to do something different from others in my small town; I wanted to see the world.

Performance woe

It's always better to perform to strangers; family and friends can be very critical if you behave out of character. And if I act myself, it is very hard to please them.

Debut with a bang

I performed my first professional magic show in 1991. I was inspired by the lavish magic acts of my childhood heroes, Siegfried & Roy and wanted to do something on that scale. I went to the financiers with a proposal and that was how my first show was born. The response was overwhelming. They went wild when I "saw" a lady into nine pieces; they had never seen anything like that. *A Magic Night* became a huge success and ran for three years! It then travelled to different countries.

Practice makes perfect

To become a great illusionist, you need to be a perfectionist and know what your audience wants. I practice constantly to perfect my tricks. I have to be on my toes all the time to deliver a first-class experience.

Stay inspired

I get ideas for my acts whenever I'm at the movies. The key is discovering new elements of surprise.

Pre-show ritual

I get very pedantic before a performance; I have to check every piece of equipment to ensure everything is in order. Following that, I'll usually have some Red Bull to get me pumped up. Once I get on stage, I'm like a tiger ready to pounce!



"Before a performance, I have to check every piece of equipment… Then I'll have some Red Bull to get me pumped up. Once I get on stage, I'm like a tiger ready to pounce!"

Favourite illusion

I'm most proud of my passage trick. First, I ask a lady to lie on two chairs before covering her with a cloth. With her head and feet showing, I walk back and forth through her. I love the audiences' expression everytime I perform it.

One trick to last a lifetime

The priceless trick where I turn a $10 bill into a $100 bill never fails to bring a smile to people. I tried it on a taxi driver in Singapore once when he was giving me change; he couldn't stop laughing.

Fear should never hinder your magic

When I did a bullet catch in Tunisia, I had nothing but two glass screens for protection. I admit I was a little scared; after all, 14 magicians died attempting this trick. Even Houdini didn't do it. It is something special and I will never forget for as long as I live.

"Pick-up" tricks

Magicians use the element of surprise to attract people. When I first started out, I made a lady's cigarette disappear; she was instantly charmed. It was particularly impressive since the cigarette was still burning.

The trick to a girl's heart

You have to just go with your emotion. And being romantic never hurts — giving a red rose to a girl is always a nice move.

Other talent

I'm extremely handy with a dishwashing brush; I can finish cleaning stacks of dishes in just three minutes!

Joe Labero's A Night of Magic at Raffles *runs till 22 Feb. Tickets from sistic.com.*

WORDS: TIMOTHY WEE



04

GIG

INCUBUS

Ahead of the multi-platinum rock band's second show here, charismatic front man Brandon Boyd talks about its evolving sound, aliens and best weird fan experience.

Has the band's music-writing process changed over time?
In some ways it has, but in most ways, it has not really changed at all. There is still a childlike quality to our songwriting; it feels like play time. Except in this case, the toys we make may get played with by millions of other "kids".

Is Incubus musically bolder since all of you are older and wiser?
In many ways we are musically bolder than we've ever been. If only that we stubbornly stray away from our own formulas that have brought us much success over the years. Is that bold? To veer away from safety? I don't know… Maybe we're dumb.

What can we expect from the next Icubus album?
The music we've been writing is "adventurous", for want of a better word. It'll turn some heads and maybe even change some minds. One can only hope! You'll be hearing it sooner than you think.

It's Singapore's big 5-0 this year. Are you preparing anything special for fans here?
Would a *Happy Birthday* suffice? Or maybe Mike [*Einziger, lead guitarist*] will give you a birthday lap dance.

What's the most essential thing on your rider list?
A blender. In a close second is a tea kettle.

What sound do you love?
Pure silence is intriguing to me for so many reasons.

What sound do you hate?
A baby throwing a tantrum at the beginning of a long flight is a bad one. I wouldn't say I hate it but it doesn't make me want to do cartwheels or anything.

What still scares you till this day?
Our collective capacity for shortsightedness and stupidity. As a species, we love making the same mistakes over and over, like a broken record. It's frightening to think that we don't have to keep repeating the same stories in an infinite loop. Yet we choose to, continually.

Do you believe in little green men?
I do! Seems like a funny way to say that I "believe" in life outside of our Earth experience. I actually think it is the utmost human egocentricity to assume we are the only intelligent species in the entire omniverse. Our beliefs are merely a reflection of our current understanding of the universe. So I find it beneficial to leave that door open, sort of indefinitely, to make room for the inevitable influx of information. I could carry on about this for miles, but for the sake of brevity, let's just say I do believe in life beyond Earth.

What is your weirdest fan experience?
I'm going to take your question literally and tell you about how I used to put my face close into a fan we had at home. The spinning blades of it made my voice vibrate like a special effect and I'd sit there for long swaths of time saying, "Luke, I'm your Father, Luke". Then I'd answer in Luke Skywalker's voice and say, "Noooooooooo!!!!" That's sort of weird, right?

Any message for our readers?
Hello *FHM* readers. Keep reading! Don't be distracted by too many colourful pictures, read the articles as well. **FHM**

Incubus performs 9 Mar at The Coliseum, Hard Rock Hotel Singapore, Resorts World Sentosa. Tickets $108 from peatix.com.

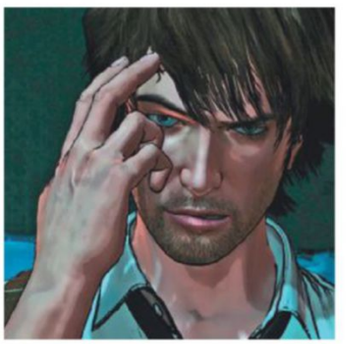
WORDS: TIMOTHY WEE

05

GAMES

DOUBLY SURREAL

Weirdness goes into overdrive in the gaming realm.



D4: Dark Dreams Don't Die
Traumatised by the murder of his wife, Detective Young loses his memory but develops a superhero power — ability to travel through time. Like Marty McFly, he tries to turn back the clock to prevent the tragedy. While the lack of shoot-'em-up action may disappoint some, its four-hour-long gameplay demonstrates remarkable character development and story arcs that'll keep Red Bull sales up.
Available on Xbox One.



Sunset Overdrive
Sunset Overdrive's looney take on the apocalypse immerses players into a wacky world overrun by mutants. Besides being an open-world game (similar to titles such as Infamous and *Grand Theft Auto*), players can pick up and build unusual gadgets to help them in their bloodstained crusade. The cartoonish graphics add a goofy touch, while serving its premise as a game that does not take itself too seriously.
Available on Xbox One.

WORDS: EMILIO RODRIGUES

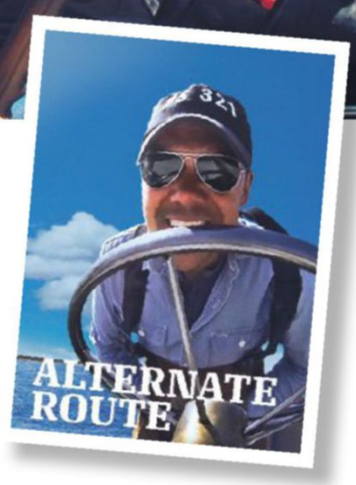


06

KIX

ALTERNATE ROUTE

A US travel show for men by an all-American man.



See the United States through the eyes of photojournalist, blogger and globetrotter Matt Hranek, who embarks on a manly road trip around the continent in search of "people, places and things that most embody the American spirit". Cue: Eating fried chicken and sipping bourbon made from *quinoa* in Nashville; cruising in a classic 1950s MG in Chesapeake Bay; frog hunting — and eating — in the Everglades; and searching for the perfect Boy Scout mug in Chicago. No mentions of Vegas, Alcatraz Island or titty bars? Damn.

Alternate Route *airs first and exclusively on KIX (StarHub TV Ch 518 and SingTel mioTV Ch 309), from 20 March, every Friday, 9pm.*



BELLATOR MMA

Catch KIX channel's same-week telecast of "live" fight events from the top MMA promotion.

Bellator 134 (27 Feb)
Headline event: Bellator Welterweight Championship
Reigning champ Douglas Lima (won 14 of his past 15 fights) puts his title on the line for the first time against Paul Daley, who has fought in Bamma, Strikeforce and UFC.
KIX broadcast date: 2 Mar, 10pm.

Bellator 135 (27 Mar)
Headline event: Bellator Bantamweight Championship
Featherweight titleholder (and former Greco-Roman wrestling world champ) Joe Warren takes on Brazilian *jiujitsu* expert Marcos Galvã. The pair met in 2011, with Warren winning by a controversial decision
KIX broadcast date: 30 Mar, 10pm.

Bellator MMA*'s same-week telecast airs first and exclusively on KIX (StarHub TV Ch 518 and SingTel mioTV Ch 309).*

PHOTOS: KIX AND KIX HD

07

MOVIES

FHM ALTERNATIVE FILM AWARDS

Forget the Oscars, the Golden Globes and the Baftas. We present our very own celebration of all those that should, but definitely won't be rewarded for their services to the big screen…



Best Advert for Kitchen Equipment
Chef, and everything that went into making the greatest cheese toastie ever in cinematic history.

Best Advert for DIY Equipment
The Raid 2, and its hardy, unrelenting, skull-smashing hammer.

The "Dude, Are You Crying at a Kids Film?" Award
The Lego Movie, when Good Cop/Bad Cop is forced to witness his parents get covered in Kragle by that piece of shit horrible b*****d President Business.

The Ryan Gosling Award for Hollywood Hunk turned Ice-Cold Badass
Jake Gyllenhaal, *Nightcrawler*: "What if my problem wasn't that I don't understand people, but that I don't like them? What if I was the kind of person who was obliged to hurt you for this? I mean physically. I think you'd have to believe afterward […] that agreeing to participate and then backing out at the critical moment was a mistake. Because that's what I'm telling you, as clearly as I can."

The "Hey, Look Who It is Again!" Award for Multi-film Workhorse-ism
Bill Murray for enormous roles in *The Monuments Men* (shooty), *The Grand Budapest Hotel* (indie), *St Vincent* (funny), and a slightly smaller one in *Dumb and Dumber To* (goofy).

Runner-Up
Tidal waves for enormous roles in *Interstellar* (spacey), *Exodus* (holy) and *300: Rise Of An Empire* (bloody).

Grossly Misleading Film Title
Bad Neighbours. We'd be asking for a cup of sugar every morning if Rose Byrne, the hottie mum who smokes weed, drinks hard and rages like a sorority girl, and Seth Rogen lived next door.

Best Future Film (that hasn't been commissioned yet)
Anything depicted in the credit sequence of *22 Jump Street* (except *32 Jump Street: Fireman School*. That looks like one for the ladies).

Most Like a Drug Binge
Lucy. We're still tripping over it.

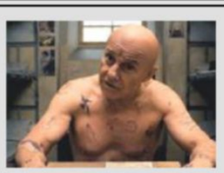
Special Award for Cramming Lots of Clichés Into a Film
Interstellar. Ordinary labourer as the saviour of humanity? Check. Wise-cracking robot? Check.

Film That Should Have Been Called *Bad Neighbours*
Cheap Thrills, in which they kidnap the next-door neighbour's dog and poop on the kitchen floor.

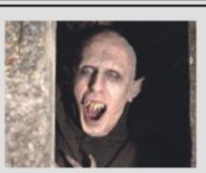
BEST HAIR AND MAKE-UP GOES TO…



Category: I'll whoop yo' ass-style
Steve Carell in *Foxcatcher*.



Category: I'll break your fingers-style
Harvey Keitel in *The Grand Budapest Hotel*.



Category: I'll eat your face-style
Ben Fransham in *What We Do In The Shadows*.

WORDS: FHM UK

08

COMICS

ANT-MAN

Nerd out on the tiny hero before he gets too big.



It's no surprise that Marvel dropped a new Ant-Man comic series last month, what with Michael Douglas and Paul Rudd starring in a film version in June. And because his backstory is complex, it's worth reading up now: Scientist Hank Pym invents sub-atomic Pym Particles and shrinks to ant-size. After a career involving frequent schizophrenia and gigantism, his Ant-Man suit is nicked by an electrician called Scott Lang. Pym witnesses this and takes Lang under his wing while reinventing himself as Giant-Man… You know what? It's probably best you pick up these essential readings instead.



The Irredeemable Ant-Man
A 2009 tale from *Walking Dead* creator Robert Kirkman sees a total slacker take on the Ant-Man persona.



The Essential Ant-Man
This phone book-sized collection contains Pym's original story from 1959 and loads of classic Golden Age adventures.



Ant-Man: Season One
A retelling of Pym's origin story that's a bit less '50s, and written by Marvel legend Tom DeFalco.

09

GAMES

RESIDENT EVIL

Prepare for another zombie uprising.

Another instalment of *Resident Evil* landed last month, with yet more undead to bish, bash and bosh through. But when the zombie apocalypse finally does arrive, how many of us will have shotguns and giant chain guns to defend ourselves with? Luckily, your home is filled with weapons to effectively dispatch the walking dead…

WEAPON	AS SEEN IN…	EFFECTIVE AGAINST…	UNDEAD ATTRIBUTES…	DIFFICULTY LEVEL…	INSTRUCTIONS FOR USE…	CHANCE OF SUCCESS?
Morrison's plastic shopping bag 	***28 Days Later***	Running Holy Man Zombie	Identical to Father Jack from *Father Ted*, but loads faster and deader.	**Beginner**	Fill your bag with tinnies and swing directly into your Man of God's skull.	**Promising**
 Dire Straits vinyl record	***Shaun of the Dead***	Greenfingers Zombie	Attracted to gardens, appearance of drunkenness, may want "a cuddle".	**Intermediate**	Dust off your beloved vinyl and channel your inner Pro Frisbee skills.	**Low to medium**
 Magnum	***Resident Evil***	Lumberjack'n'Sack Zombie 	Wears potato sack over face, loves to chop things into bits with a chainsaw.	**Psycho** 	Unwrap Magnum, load with Magnum bullets, point at sack head and fire.	**Slim at best**
 Lawnmower	***Braindead***	Monkey Rat Zombie	A special type of zombie infected by the Sumatran Rat-Monkey virus.	**Expert**	Attach lawnmower to chest, fire up, avoid getting undead head mush in mouth.	**High to perfect**
Bingo ball cage 	***Dead Rising***	Mall Rat Zombie	Like shopping malls. Look for top bargains on microwaves and 2-for-1 pasta sauces.	**Expert**	Find your old Xmas bingo ball, attach battery, roll into crowd of zombies. 	**High to perfect**
 Make-up remover	**Music videos**	Rob Zombie 	Long hair; loud singing voice; rock band in tow; 10k Twitter followers.	**Intermediate**	Apply makeup remover to Rob Zombie's face, reveal normal human being.	**Can't fail**

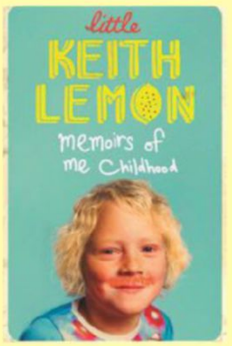
WORDS: FHM UK

10

BOOKS

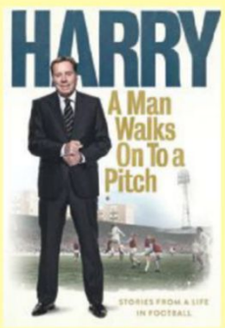
TAKE ADVICE FROM CELEBS

Random life-lesson snippets for you to take into the month of March…



"When you first hear about a blow job, you fink that someone blows your willy, don't you? Still to this day I fink it's the wrong name. It's not a blow job. It's a suck off."

MEMOIRS OF ME CHILDHOOD,
KEITH LEMON



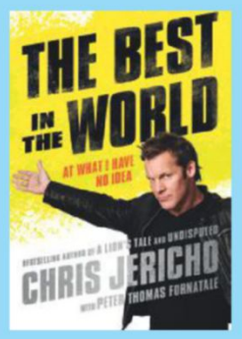
"One day, away with the Republic of Ireland team, the players were out at a local Italian for a bonding exercise. They were ordering pizzas. 'Do you want yours cut into four or eight?' the waitress asked Jason [*McAteer*]. 'Four definitely,' he said. 'There's no way I'll eat eight.'"

A MAN WALKS ON TO A PITCH
HARRY REDKNAPP



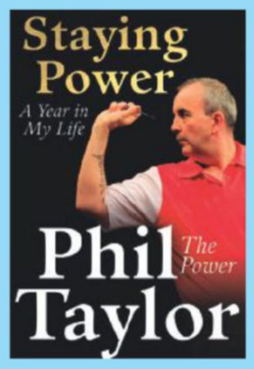
"I have vague memories of making out with this girl, and we stopped kissing because I was getting queasy. I felt the vomit come up my oesophagus, and I pulled away and puked all over her and then proceeded to puke all over Richie's bathroom."

I'M THE MAN, ANTHRAX GUITARIST
SCOTT IAN



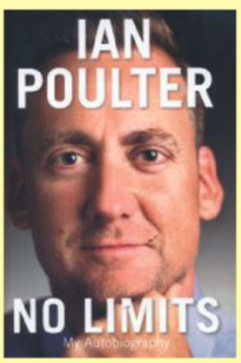
"When I checked into my room, it was almost five AM… However, I had no intention of going to bed because I was staring at a lamp on the desk and it was bugging me. The lamp stared back at me pompously and I decided I didn't like its attitude."

THE BEST IN THE WORLD
CHRIS JERICHO



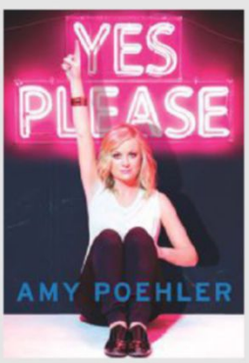
"Butlins holiday camps have always had a special place in my heart ever since my dad won £41 on the pools and took us on holiday for a week."

STAYING POWER
PHIL 'THE POWER' TAYLOR



"No one else presses my trousers. Except my mum. Everyone else leaves tramlines in them. Tramlines really, really, really annoy me."

NO LIMITS
IAN POULTER



"I was once walking with my friend Keri in the middle of the day and some guy asked for the time. When we looked down at our watches, his dick was in his hands."

YES PLEASE
AMY POEHLER

WORDS: FHM UK

SINGAPORE

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FLIP FOR FHM

QUINCY QUEK

THE SINGAPOREAN PRO GOLFER ON THE JOYS OF SWINGING THE CLUB

HEALTH SECRETS *OF THE* SUPER-FIT *AND THE* ULTRA-BUFF!

+

MANLY MUST-KNOWS

NEW BARS

TOP BOTTLES

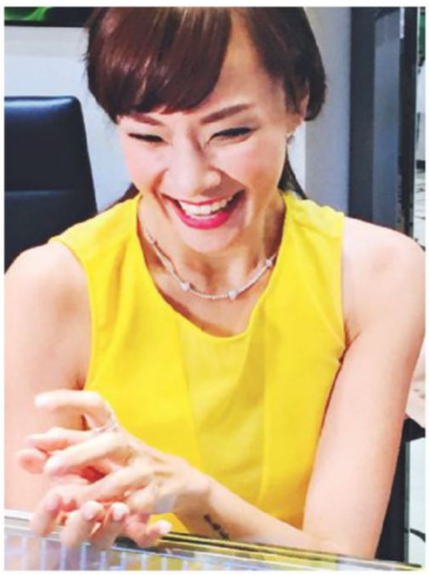
IRRESISTIBLE CUISINE

styleXstyle TV

LOVE UPLIFTS

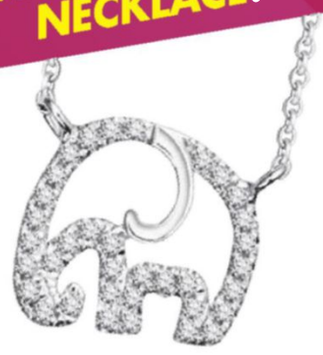








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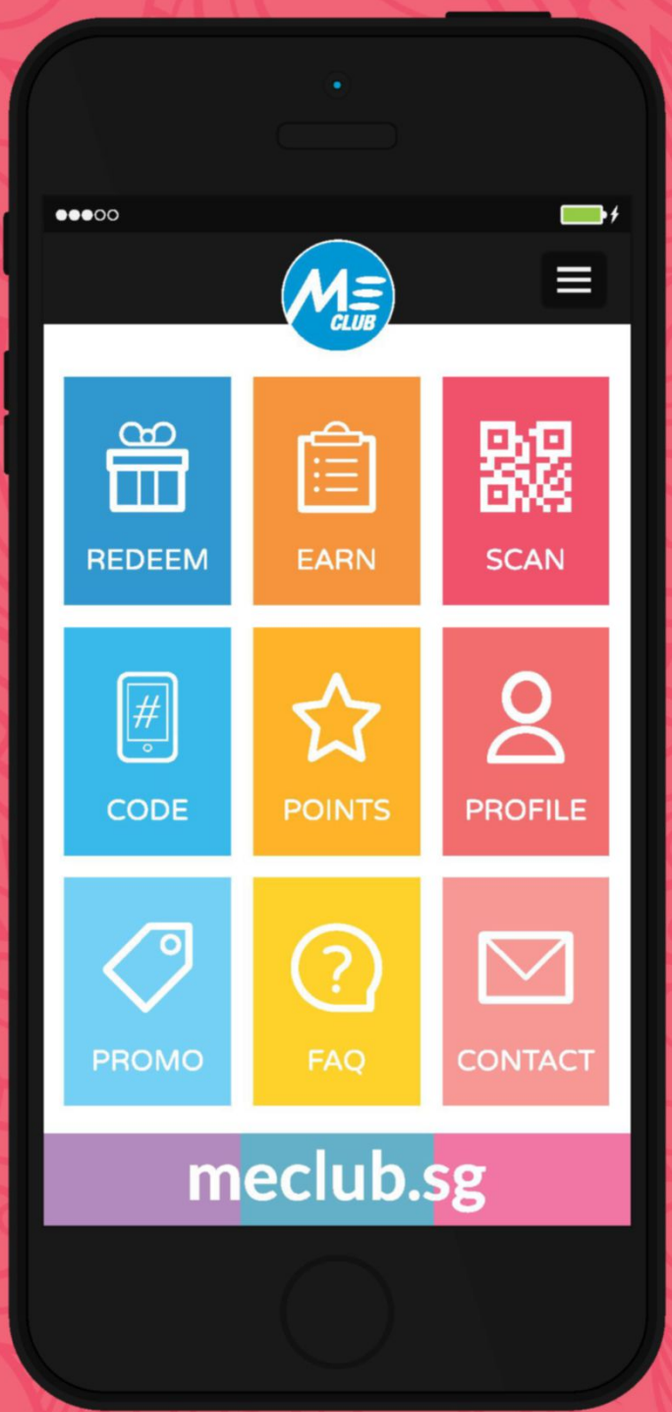


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GROOMING: EUGENE GOH USING SHISEIDO.

WARDROBE: QUINCY'S OWN.

QUINCY QUEK

FHM catches up with the golfing ace to learn more about being a pro, mini-golf and polo shirts.

Words **Timothy Wee**
Art direction **Pyron Tan**
Photography **Mark Lee**

Hand it to the mad Scots to come up with such a frustrating sport. The premise of golf sounds simple: Hit a ball into a small hole with a long stick. Repeat the process 18 times and you pretty much get a normal round of golf. While Scottish King James IV may have been better off banning golf in 1502, we're sure Quincy Quek will beg to differ.

Before he turned pro in 2009, Quek had managed to accumulate five titles and was named the leading golf amateur at the 2007 Barclays Singapore Open.

Subsequently, the former ACS boy went on to land his first professional win at the 2012 ICTSI Orchard Golf Championship. After nailing an ace (hole-in-one), Quek finished with a score of seven-under-par 65.

Today, he is ranked number one on the Singapore Professional Golfers' Association (SPGA)'s local order of merit (top-earners list), is Audi Singapore's golf ambassador and ended 2014 with his best Asian Tour career finish (fourth place at the 2014 BANK BRI Indonesian Open).

Next stop: PGA Tour China.

Tell us something about golf most people don't know.
One common misconception is it is a slow and boring game. If you think about it, the actual play time is rather short; it only takes a few minutes to strike the ball. But you spend most of the time travelling to the next hole.

Why did you pick golf as a career?
When I was with the national team, I enjoyed travelling and playing golf. But when I was in school, I tend to doze off in class; academic studies were too dull for me. [*Laughs*] Jokes asides, golf has always interest me.

Tiger Woods was one of the reasons you got into the sport. How does he inspire you?
Back in 1997, when I was first picked up the sport, Woods had just burst onto the scene and won his first Masters by 10 or 12 strokes. I remember catching major tournaments on TV and they focused on Woods and his game. As a young kid, he was the idol I strove to emulate.

Have you ever met your golf hero?
In 1999, he was playing in the Golf World Cup at Mines Resort and Golf Club in Kuala Lumpur. Back then, Woods was already a big name. I went check him out. The thing about following Woods is you have to go four to five holes ahead just to get a good view. I wanted his autograph, so I camped at a particular spot where all the golfers had to pass. When Woods walked pass, I was so star-struck I forgot about the autograph request.

You were a school swimmer. What challenges did you face switching from swimming to golf?
I started swimming when I was four and was a school swimmer throughout primary school. I picked up golf when I was in primary four and competed in my first tournament two years later. When I went to secondary school, I tried to convince my principal that golf was a legitimate sport, but I only managed to get golf recognised as an outside CCA. My school was also not open to me going for external tournaments; it insisted I should only participate in varsity golf tournaments. But once I won a varsity tournament, my school was more than happy to make golf an official school sport. It was like, "You know what, let's include golf as a school sport because we can win gold! We can increase our (medal) tally."

"It is a funny thing to have a parent oversee your sport progression. Initially, they'll correct your mistakes. Even after you overtake them in the sport, they'll insist on doing that."

Do young golfers today still face such obstacles?
The situation is a lot better now. Most schools offer a golf programme and there are local driving ranges that conduct lessons. Over the years, the influence of golf and golfers has grown. You see a lot of young kids picking it up. But it's still up to them if they are in it for the long haul.

Since picking up your first professional trophy at the 2012 Orchard Golf Championship, what have you done to up your game?
That win got the ball rolling for me. Prior to it, I had a good amateur career. But when I turned pro, it was a case of starting from the bottom again. With the win, it provided me the experience of coming out top. It gave me the confidence to know that I wasn't there just to make up the numbers. Knowing that I have the ability to play well changed my mind set… It also made me appreciate the finer parts of my game. Now when my name is on the leader board, I'm able to handle the situation better. Previously, I'd be at a loss. Now, my mind is focused on victory and making sure I get more major tournament starts.

What are your golfing goals?
It is never a case of setting ambitious goals like going out to win every single tournament. I just want to do well in any event because I'm building my game every time I play. Growing up, I was always watching PGA Tour golf. So that's my ultimate goal — qualify for the PGA Tour China and, eventually, the US-based Web.com Tour.

Do you see yourself as a role model to younger golfers?
I want to do something for the younger generation. Travelling around, I see the level of support between old and young golfers, as well as sponsors. It's a proven way of churning out golf champions. Just look at Thailand and India. In Singapore, we might develop one or two [*champions*] every now and then. I hope I will be given the chance to pass on my professional skills and experience.

Golf seems like an undemanding sport, considering caddies do all the heavy lifting. How exactly does golf keep one fit?
If you look at modern golfers, you'll notice they are lean and athletic. You still get the odd golfer with a big belly, but most aren't. Due to the taxing nature of the swing, golfers need a very strong core and lower-body strength. In fact, most golfers hit the gym to achieve more dynamic movement with workouts like Crossfit. For me, I tend to focus more on core exercises. Whenever I work out, I'm always thinking about how it'll improve my golf game. Rather than just mindlessly lifting weights, I take a more functional workout approach.

What does it take to be a professional golfer?
Commitment — it's a career and everything should revolve around it. As an amateur, you're only playing for silverware or as a team event. But as a professional, you're investing in the tournament. You are already making a loss even before you even start playing because of your expenses. You can't just quit the tournament midweek just because you are having a bad game. You need to do whatever you



WHO'S HE?

Name: Quincy Quek
Age: 27
Nationality: Singaporean
Likes: Music; food; friends.
Dislikes: Heat.
Instagram: @quincyquek
Twitter: @quincyquek

can to excel. For instance, I wasn't playing well in the weeks before the 2012 Orchard Golf Tournament. But the very next week, I won my first tournament. When I started golf, I was playing out of passion; attitude brings me more joy than being obsessed about making money.

What is the most important trait a pro golfer should have?

Patience. After all, golf tournaments are usually six-hour-long affairs. Besides having to wait for the other players, a golfer needs to wait to get that birdie (a score of one-under-par [-1]) or a tournament-winning shot.

Golf has often been perceived as an *atas* sport played in country clubs by rich old men. Is that true?

That stereotype probably still holds true today, especially in Singapore. This is due to the fact that we don't have many public golf courses and private courses can be quite costly to play on. If you are a walk-in guest, expect to pay at least $200 for a game. And we haven't even factored in equipment cost.

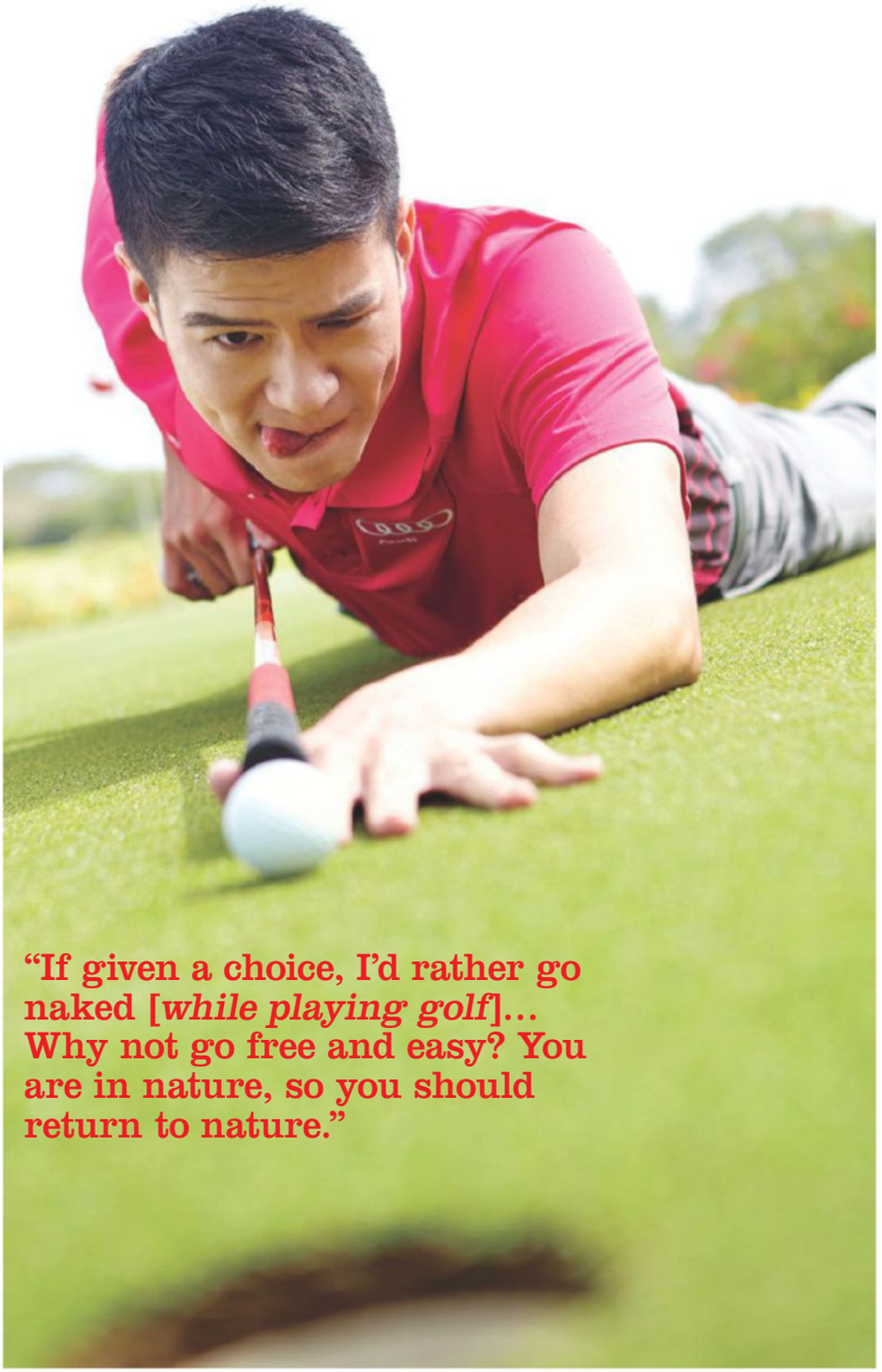
That said, there is no definitive local golfer profile; it's a mixture of different types of people. There are the younger golfers in their 20s and 30s, who are more fashionable with the latest bright-coloured outfits and equipment. They are out to be seen. Then there are the veteran golfers, with big stomachs and hanging towels. They are at their country club every day, squeezing in a round of golf before the office.

How would you convince the younger crowd to the sport?

Honestly, I haven't been actively promoting golf. It's a case of people approaching me to learn more about the sport. A lot of my former school friends picked up golf only after entering the corporate world. It's integral to their job; they sometimes meet bosses and clients over a game. As such, they're asking me to teach them to play. It also helps that current golf world number one, Rory McIlroy, is only 25 years old. So, golf is not an *ah pek* sport anymore!

Does being a pro golfer automatically means you are always the family mini-golf champion?

Actually, I've never played mini-golf before, except on my phone. Even then, I keep getting stuck on certain levels. My dad is the only other person in the family that plays golf. We started out on golf together and he still plays it regularly. We play together once in a while. It is a funny thing to have a parent oversee your sport progression. Initially, they'll correct your mistakes. Even after you overtake them in the sport, they'll insist on doing that. But I also give him golf pointers. And he isn't shy with his questions whenever things go wrong on the green.



"If given a choice, I'd rather go naked [*while playing golf*]... Why not go free and easy? You are in nature, so you should return to nature."

Why do golfers wear polo shirts? If you could wear anything else to play, what would it be?

The polo shirt is just a dress code. If you think about it, the original golfing attire also consisted of a tie and a vest. As to why, you have to ask the Scots. If given a choice, I'd rather go naked. It prevents me from getting a weird tan. After all, you get a disproportionate tan even in trunks. So why not go free and easy? You are in nature, so you should return to nature. And that is how you get people to pick up golf.

You'd just got married. Have you tried to get your wife into golf?

I brought her to the golf range before. But she started getting blisters on her hands. I don't want to hold anyone's blistered hand, considering that mine are blistered, too. [*Laughs*] So, I figured it was better for her not to play golf. **FHM**

THE PERFECT GOLFER

FHM scrubs up to assist Quincy Quek in creating his ultimate player.



HEAD/ BRAIN: GARY PLAYER
A true-blue fighter, Player is a golfer who never backs down. A golfing legend, the South African was so poor he had to make his first golf club. But Player didn't hesitate in pouring all his savings into achieving his American PGA Tour dream. At 79, he still has the same fire and drive.



BODY/ CORE: RORY MCILROY
One of the most powerful drivers of the ball today, McIlroy is the obvious choice because of his fitness. It takes a lot of physical conditioning to hit it long and straight. And he is a very strong explosive player



ARMS/ SWING: LUKE DONALD
Blessed with a consistent swing tempo, Donald is a well-balanced golfer with a precise shot. While he doesn't really hit his shots very far, he's always in control of his swings and has great rhythm.

DID YOU KNOW? Actually there is already a perfect golfer. It's a robot called the Iron Byron, named after golf legend, Byron Nelson. Armed with the perfect golf swing, Iron Byron is used to test new golf clubs. And it drives the ball to exactly where it is intended!




Audi

GOLF FOR BEGINNNERS

Quincy Quek brings us through the four basic techniques.



01 How to Grip a Club

Left hand: Grip runs across from the base of the pinkie to the first joint of the index finger. The left thumb rests just right of the center line of the grip.
Right hand: Grip runs through the fingers, lifeline (fourth finger) of the right hand overlaps the left thumb. The right thumb rests to the left of the center line of the grip. The right pinkie overlap the index finger.



02 How to Aim a Putt

When faced with a putt that breaks, you want to make sure you start the ball on the right line and to do this, you can use the seam on the golf ball to help you with that. For example, if the putt breaks right to left, you want to aim this seam to the right of the hole. Try to pick out a point that is a foot in front of your ball to aim at and the goal is to roll the ball over that point and the ball will break according to the contour of the green.



03 Putting Stroke

At address: Stand with your feet shoulder-width apart, ball positioned slightly left of center, closer to your left foot. Your upper body is bent slightly from the hips until your eyes are directly over the ball. There should be a slight knee-bend.
On the backswing: Your arms, hands and shoulders work together to bring the putter back, ensuring that the putter head stays low to the ground and the grip points towards your belly button.
On the downswing: Accelerate the putter head through the ball, making sure that the follow-through is longer than your backswing. The putting stroke should mimic a pendulum whereby the shoulders, arms and club swing as one unit, with the lower body and head remaining as still as possible The butt of the club continues to point towards your belly button as you follow-through.



04 How to Chip

At address: When you set up for a chip, your feet should be slightly closer together, turn at a 45-degree angle towards the target. Your body weight is on the left side while the ball is positioned slightly back towards your right foot. Your shaft and grip will be leaning slightly in front of the ball.
Backswing of the chip: As you take the club back, ensure that your elbows are close to your body, there is a slight hinge in your wrist and your weight remains on the left side.
Follow-through: As you bring the club down through the ball, maintain the hinge in your wrist. This will ensure that your hands stay in front of the club so that you get a clean strike of the ball. As you follow through, rotate your chest and feel as if your arms and hands are directly in front of your chest (right picture). This allows you to release the club head properly.

SECRETS OF THE SUPER FIT

Prepare your muscles and your mind with lessons from the ultra-hench, mega-ripped and most spiritually zen.

Words **Jordan Waller** Photography **Agata Pec**



TAKE A BEATING
"I got this black eye when I was sparring. Sometimes, being a human punch bag is the best way to learn your own style and weaknesses."

PLAY MIND GAMES
"Boxing is 90-per-cent psychological and only 10-per-cent physical. There are lots of ways to get into someone's head."

"Some people are boastful. I keep to myself, know my game plan and let my boxing do the talking so they won't know what's hit them."

GIVE YOURSELF A RUNNING START
"I do a 10k jog every morning to maintain my fitness."

"I listen to TED Talks for motivation while I'm running. They're great for helping you think outside the box, which is essential in the ring."



GET A KNOCKOUT PUNCH
"The most powerful strikes start from your ankle. You keep your feet flat and the weight comes up through your hip and your shoulder."

START WITH THE BASICS
"The first thing you need to learn is how to punch. Then it's fitness. I do spinning classes and yoga to help with agility and endurance – it's not all punch bags."

SOHAIL AHMAD, 25, BOXER, CAN...

PUNCH THROUGH A DOOR

Moving to Britain from Afghanistan aged 11, Sohail became a British taekwondo champion before stepping into the ring as a pro boxer.



EMBRACE THE PAIN
"Everyone's going through the mill and it pulls you together as a team."

"I've broken my collarbone and leg and last year, I had surgery on my shoulder. Bruises and broken fingers are a constant hazard."

GO HARD, NOT HEAVY
"I like to reduce the weights I'm lifting and go through sets quickly to increase the power."

HIT THE ROAD
"Having a high level of base fitness will get you through anything. Running is the best way to get you there."

GET A MANTRA
"My favourite quote is: 'If you're not practising, someone else is. When you meet them, they'll beat you.' Nobody starts as being great at everything."

DITCH THE SQUATS
"The best exercise I do is called 'The Prowler', pushing a sled for 20m with 120kg weights on it. It's a real grind that works out all of your lower body and back."

ALEX GOODE, 26, RUGBY PLAYER, CAN...

TACKLE HARDER THAN A CAR CRASH

As professional rugby-union team Saracen's full-back and one of the team's pivotal members, Goode is pitched to help lead England to victory in this year's Rugby World Cup.

EAT LIKE A PRO RUGBY PLAYER



BREAKFAST
Kick-start your morning with oats to get maximum slow-release energy into your body. Throw in a scoop of casein powder, berries and nuts for extra protein to carry you through the day.



LUNCH
If you're training, then this is the time to get your good carbs – but nothing too starchy. Go for brown rice and lots of vegetables.



DINNER
Most of your high-protein diets include chicken and steak but it gets boring quickly. Try eating fish instead; there are so many variations with great flavours and you don't need to cover your food in rich sauces. They're also chock-full of essential fats, protein and omega-3 oils.

RACHEL GIFFIN, YOGA GURU, WILL...

HARNESS YOUR ZEN

As one of London's top yoga instructors at Pure Balance Yoga, Giffin limbers up the minds and bodies of everyone from Google employees to professional sportspeople.



DISTRACT YOURSELF FROM DISTRACTIONS
"If you battle with your mind, your mind will always win."

"Yoga and meditation teach you how to detach yourself and prioritise your energy and thoughts."

UNLEASEH YOUR 'THIRD EYE'
"Your intuition is your command centre — trusting your gut rather than dwelling on decisions increases both confidence and productivity."

FLEXIBILITY IS JUST A BONUS
"Agility and strength are just side benefits of yoga. The important aspects are learning to focus and reaching your goals."

5 STEPS TO FINDING INNER PEACE AT YOUR DESK

01. LEARN TO BREATHE
Stress makes you take shorter breaths and reduces the oxygen that's reaching your major organs. This stops you from working to full capacity. Take a few deep breaths and count to 10.

02. SIT PROUD
Bad posture and feeling uncomfortable severely limits your mindset and productivity. Uncross your legs, place your feet flat and hip-width apart. Also, sit up tall and straight. You'll project positivity.

03. STAY ACTIVE
Doing something physical gets endorphins flowing and increases circulation, giving you a feel-good factor. Consider a standing desk or take the stairs instead of the elevator. Throw in some stretches towards the end of the day when you're most demotivated.

04. LOVE YOUR EYES
Staring at a computer all day strains your eye muscles. Eye rolls can make you feel more alert and reduce headaches. Open your eyes as wide as possible and trace the numbers of an imaginary clock. Close your eyes and rest, then repeat.

05. PUT YOUR PROBLEMS TO BED
Worry causes restless nights so don't dwell on the negatives before bed. Reframe problems and find a positive side. The same applies for when you wake up; moaning before you even get to work will make you miserable all day.



GET A GYM IN A BAG
"If you buy one thing, get a TRX. It's a suspension cable that you attach to an anchor point like a tree. It's perfect for intense exercises using only your body weight. It's also mobile, so you can work out wherever you want."

GET IN THE KITCHEN
"I eat 5,000 calories a day. Around 70 per cent of muscle gain is in the kitchen."

"It's not all boring healthy food. Sometimes I like to eat ice cream before bed; people could say that's a sin, but I still maintain around 8-per-cent body fat all year round."

ROGER SNIPES, 35, BODYBUILDER, HAS...

INSANE STRENGTH

Pumping iron as a professional bodybuilding champion and personal trainer, with 20 years' experience in sport to boot, Snipes could give Hercules cold sweats.

LEARN TO PEACOCK
"The secret to body building and looking good isn't just tensing and posing. It's about hiding weakness and showing off your strengths."

ANYONE CAN BE A MOUNTAIN
"I haven't always been big. I started off doing sprint training; I was really slim."

"I only got into bodybuilding properly five years ago. The average person can get reasonably ripped in just eight to 12 weeks, training three or four times a week."

DON'T SKIP LEG DAY
"Don't just focus on the obvious muscle groups – it's important to even it out. If you've managed to get a big chest and shoulders, great. Now you need to look at what's missing…"

TRAIN FOR YOUR BODY TYPE

Know your strengths and weaknesses before you go crazy on the weight bench…



ECTOMORPH: USAIN BOLT

- The natural scrawnster who struggles to put on weight

TOP TIP: Increase your calorie intake; consume more than you're burning.
SUPPLEMENT: A high-calorie protein shake will make sure you're hitting your targets to sustain growth.



ENDOMORPH: WAYNE ROONEY

- Stocky with a slower metabolism, it's easier to slip into porky territory

TOP TIP: Regulate meals so you're not eating just before you sleep.
SUPPLEMENT: Take thermogenic fat burners before you train.



MESOMORPH: ARNOLD SCHWARZENEGGER

- The body of an actual terminator: lean, athletic and solid as a rock

TOP TIP: Keep a balanced diet of 40-per-cent protein, 40-per-cent carbs and 20-per-cent fat.
SUPPLEMENT: Go straight for hydrolyzed protein that gets to the muscle quickly.

Food Culture

GO NORTH EAST

For those who adore Korean pop and Japanese fashion; these two new restaurants will make you go gaga over their cuisine, too.











JOO

The Korean wave rocking our nation is still going strong, and this humble hideaway gives us good reason to continue. Furnished with dark Korean pinewood furniture and enriched with copper and black hues, this three-storey bar/restaurant is perfect for any occasion. Serving up everything from *tofu* chips to crispy chicken tenderloin, you'll find your heart's content with the western-infused Korean dishes. No K-experience is complete without alcohol; at Joo, you wouldn't be disappointed. With its home-brewed rice wine, ***makgeolli***, among other Korean beverages, unleash your K-pop dance moves as you toast away.

Order: The hand-chopped Korean minced rib steak is a supreme choice. The tender US prime meat is flavoured with honey and soy to give it that sweet yet savoury taste. To complement the steak, put your taste buds to the test with the ***makgeolli*** sampler with its five unique drinks. See if you and your pals can guess the ingredients in them.

Opens daily, 5.30pm to midnight. 5 Tan Quee Lan Street, Tel: 8136-1628, www.facebook.com/joobarsg



RAMEN CHAMPION TONKOTSU IKKYU

Nestled in Terminal 3, Ramen Champion's Tonkotsu Ikkyu is the latest to join the established noodle family. Created by the "son of ***ramen*** god" Koji Tashiro, who is also one of the men responsible for bringing the iconic ***ramen*** brand to our shores.

Order: What sets Tonkotsu Ikkyu apart from other ***ramen*** joints is its generous serving of moist ***cha shu*** made specially to ensure out-of-this-world tenderness. Try it with a spoonful of thick broth and you'll find your taste buds throwing a party in your mouth. Throw in thin noodles, sliced black fungus and an array of toppings like spinach and chilli and you have the meanest-looking ***ramen*** on this side of the country.

Opens daily, 10.20am to 11pm. #B2-58 Terminal 3, Singapore Changi Airport, Tel: 6214-2958, www.ramenchampion.com.sg

WORDS: EMILLIO RODRIGUES

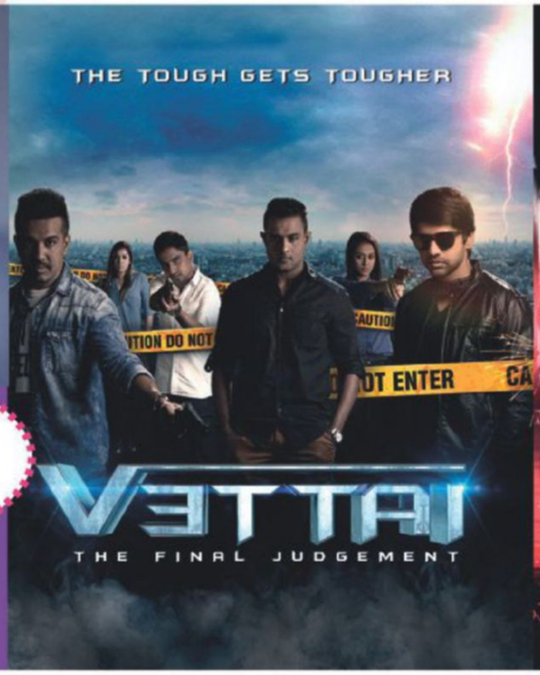
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BOOZE'S NEW CLOTHES

Is beauty only skin-deep? *FHM* finds out by checking out the curves on these new bottles.



ABSOLUT THE ANDY WARHOL LIMITED EDITION

What's it about? Paying homage to the man who kick-started its working relationship with artists, Absolut has launched a one-of-a-kind art-inspired bottle. With only 2,000 bottles available locally, the cutting-edge design replicates the man's original 1986 Absolut Warhol painting.
Who's drinking? Mostly artsy-fartsy types. You're going to need a creative eye to appreciate such abstract colour expressions. If not, there is always the goodness in the bottle.
If the bottle's a lady... Probably a boho chick with oversized frames. We are thinking the quirky-yet-artistically-inclined actress Zooey Deschanel fits the bill.



BOWMORE BLACK ROCK

What's it about? With no change in its packaging, Bowmore's Black Rock single-malt whisky is all about the accessories. As the star of its distinguished travel retail, the Black Rock snagged two gold medals at last year's International Spirits Challenge and Drinks International Travel Retail Awards. We are pretty sure Bowmore will be pinning some major bling on their bottles soon.
Who's drinking? Frequent fliers and mile-high club members. Available only at airport duty-free outlets, chances are Black Rock will be in the safe hands of business and first-class travellers.
If the bottle's a lady... Single-malt whiskies are usually strong characters, so we're going with Vogue editor-in-chief Anna Wintour. Besides fitting the profile, the complex woman knows all about bling-bling accessories. Haven't you seen *The Devil Wears Prada*?



MARTELL PREMIERE VOYAGE

What's it about? Celebrating its 300th anniversary, Martell has decided to honour its founder by re-creating his original cognac recipe. On top of that, it has also roped in French artist Bernar Venet to design an elegant teardrop-shaped crystal decanter to house this mighty fine blend.
Who's drinking? Only the cream of the crop. Priced at a cool $16,000 per bottle, we suspect this is a bottle for deep pockets.
If the bottle's a lady... Mature, sophisticated and drop-dead gorgeous, the Martell Premiere Voyage screams for screen siren Monica Bellucci. With all the right curves, Bellucci, like Martell, seems to only get better with age.

WORDS: TIMOTHY WEE & EMILLIO RODRIGUES

WATERING HOLES

The March heat is back, and *FHM* is bringing you to the coolest drinking spots.



NICKELDIME DRAFTHOUSE

Looking for a no-frills beer place to chill with the guys? Boasting up to 15 seasonal craft beers on tap, there is something for all beer lovers here. It screens "live" BPL games, too. Good riddance McDonald's!
Order: Obviously the beers! We love with the Hitachino Nest Espresso Stout. While you can find it bottled, nothing rivals the creaminess of a cold draught stout.

Opens daily, 11am to 11pm. #01-06, 273 Thomson Road, Tel: 6256-0261, www.nickeldimedrafthouse.com.



D.BESPOKE

Designed to impress your *atas* drinking company, have a seat (if you can find one in the 28-seater luxe cocktail bar along the grand 15m teak wood bar or melt into the plush leather lounge chairs.
Order: With a minimum spend of $60 per head, you know you are going to drop some serious coin in this joint. But the quality of its cocktail concoctions makes up for it. Be adventurous and let bartender Daiki Kanetaka conjure up a bespoke drink, just for you.

Opens Mon to Sat, 6pm to midnight. 2 Bukit Pasoh Rd, Tel: 8141-574, www.facebook.com/dbespoke.

WORDS: TIMOTHY WEE

Staycation!



NATURE STAY

Looking for a peaceful getaway? Spend some time at Raintr33 Hotel and you'll be surprised at the rewards you reap.

Give yourself a well-deserved break we all think you deserve and check in to the new Raintr33 Hotel. Nestled on a gentle slope atop Changi Village, the establishment housed in a colonial building offers respite from our hectic city life; you wake up to a view of lush greenery right from your own personal balcony.

Although it's situated in the thick of a densely vegetated area, you aren't totally exiled from civilisation. Plus, with the number of eateries located nearby, you'll be spoilt for choice when you decide where to grab a late-night grub.

Don't want to leave your comfy bed for food? The east-side hotel has two in-house restaurants to cater to your dining needs.

Raintr33 Hotel is located at 33 Hendon Road, Tel: 6653-3833, www.raintr33hotel.com

CAN YOU HANDLE THE HEAT?

Spice up your life without bursting into tears and become a chilli-munching don.





Our expert Dr Paul Bosland is a professor of horticulture at New Mexico State University and the world's leading authority on chillies and spice. Here's what you need to know if you want to follow in his hot-food-slaying footsteps…

01

EXPERIENCE EVIL IN YOUR MOUTH

The battle to be named the world's fiercest chilli is hotly contested. It was thought to be Northern India's *bhut jolokia*, but our institute recently found the *moruga scorpion*. Grown in Trinidad, it has reached over 2 million on the Scoville heat scale in trials (Tabasco Sauce is 3,750). *Moruga scorpions* can be eaten, but it'll hurt – just take a look on YouTube.

02

GIVE YOUR HEALTH A HOT KICK

There are several health benefits to eating spicy food. The heat in chilli peppers speeds up your metabolism, making it easier for you to burn off fat. Green chilli peppers provide up to three times your daily requirement of vitamin C. And finally, one teaspoon of red chilli powder gives you your daily requirement of vitamin A.

03

BEWARE OF THE LITTLE BUGGERS

A chilli's heat comes from the veins where the seeds are attached to the placental tissue. Subsequently, smaller chillies tend to be hotter than larger ones, because their compact nature means that they have a greater ratio of placental tissue to wall tissue.

04

GREEN VS RED: KNOW THE DIFFERENCE

There is no relationship between the colour of a chilli and the heat it contains. The difference between the colours is taste. Red chillies are mature fruits, which makes them slightly sweeter than green chillies, which are immature fruits. Originally, this meant people preferred red, but now, green pepper consumption is eight times higher than in the '60s.



Paper Lantern: a variety of Habanero that'll blow your head off.

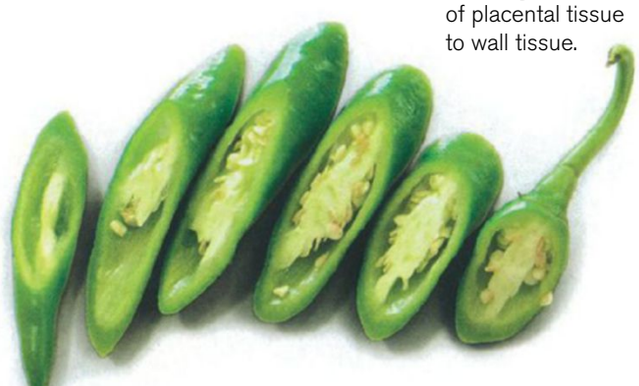




CHART-TOPPING KICKS

The Scoville Scale (named after American pharmacist Wilbur Scoville) is used to measure spicy heat – how high dare you go?

0	600	1,500	3,750	6,000	30,000
No-heat bell pepper	*Santa Fe grande*	*Ancho poblano*	*Tabasco sauce*	*Jalapeño pepper*	*A typical vindaloo*





Bhut jolokia: The world's hottest commercially available chilli.



05

WATER WON'T HELP YOU

Spicy foods cause distress because chillies contain an alkaloid compound called capsaicin, which binds to the taste receptors in your mouth, prompting them to send a "hot" signal to your brain. If this happens, reach for milk. It contains a protein called casein, which overrides the capsaicinoids and tricks your brain into thinking "not hot". Water can't dissolve or block the capsaicinoids.

06

BUILD UP RESISTANCE

A person's ability to cope with hot food revolves around the number of heat receptors they have in their mouth. Some people have a lot, some people have a few and there are people who don't have any. The more receptors you have, the more difficult you'll find eating spicy food. You can habituate your body to the sensation, so if you start at a mild level and eat chillies every day, you'll soon be able to take a medium level of spice.

07

AVOID THE CHILLI SQUITS

The compounds in chillies move through your body so fast, they irritate your intestines and make you go more regularly. Green chillies can upset the stomach too. If the latter keeps happening, try red chillies – they're more mature so shouldn't have the same effect.

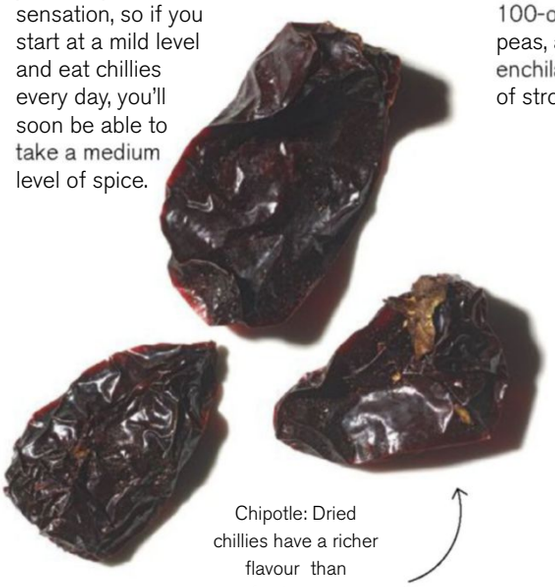
08

MASTER THE SPECTRUM OF PAIN

Finally, before you make a fool of yourself, be warned: Different types of spicy dishes contain different compounds, so they affect people's palate differently. In other words, just because you can master a hot Indian curry, doesn't mean that you'll definitely be able to down 100-odd wasabi peas, a green-chilli enchilada or a jar of strong mustard.



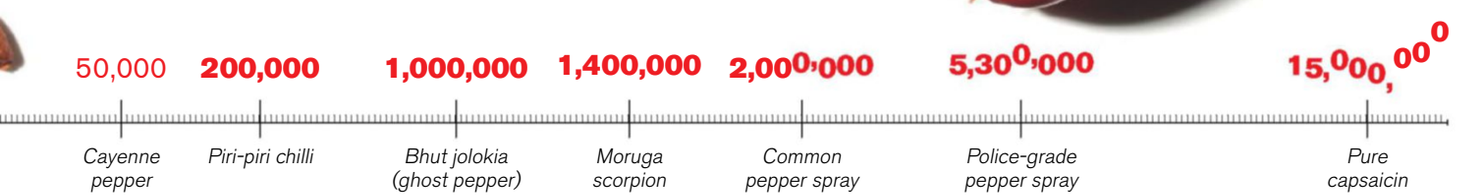




Chipotle: Dried chillies have a richer flavour than fresh ones.



Cherry bomb: Tastes great stuffed with cheese.



WORDS: STUART HOOD. HEAD TO SOUTHDEVONCHILLIFARM.CO.UK TO GET YOUR SPICE ON

The Big Question

CAN PUMPKIN PIE TURN ME INTO A SEX GOD?

Find out which foodie aphrodisiacs really help you achieve sexual heroism…



If you've watched one of Sir David Attenborough's nature programmes, you'll know that mating rituals in the wild put us guys to shame. Australia's male bowerbirds build their own love nest, complete with jewel-like trinkets to make his lady bird feel like the only lady bird in the world. Guy crocodiles will give a potential mate a neck rub to get in the mood. Male porcupines will drench a possible female in a hot stream of high velocity piss to, um, impress her? As for most of us, it's the usual wine-and-dine show.

Now, we're not saying a romantic dinner isn't a great way to make your prettier half feel special, and help lead you both to some steamy action between the sheets. It is. In fact, we've relied upon food to get us in the mood for loving since forever. Even Hippocrates, the Greek father of modern medicine, noted that raw honey was a top libido booster. But of all the edible romance inducers, which ones are worth sticking on the menu and which are just hot air?

We found seven foods that science boffs reckon possess the power to increase your dirty desires, and persuaded an *FHM* guinea pig to chow them down to see what, if any, upped his heart rate to the point of sexual frenzy. We also brought along a hot girl to take notes and provide some A-grade flirting in a bid to make our readings more obvious (and make it a little less weird than a room of men waiting for another guy to report a tingling).

BONER-POPPING PUMPKIN PIE 70 BPM
The claim: Just a whiff of one of the US's finest desserts will have us tearing at our trousers.
Our results: Our man's trousers could well have been on fire, but the rest of him seems to be falling asleep, with our first recorded drop in heart rate.
The science: The Smell & Taste Treatment and Research Foundation in Chicago said that wafting a fresh pie under a man's nose increased penile blood flow by 40 per cent. Our subject, however, seem unaffected.

SMOKING-HOT CHILLIES 86 BPM
The claim: Eating chillies mimics the human sexual response.
Our results: *FHM* guinea pig's runny nose and desperate gasps for milk made this a pretty odd "sexual response".
THE SCIENCE: This induced randiness is caused by chemical irritant capsaicin.

ORGASMIC OYSTERS 84 BPM
The claim: These bi-valve molluscs were gobbled up by notorious lover Casanova.
Our results: The slimy critters only muster a slight heart rate increase and a half-hearted smile.
The science: There's little science to support this aphrodisiac save for the high zinc content, which is proven to up a man's sperm count. We felt inclined to save the sperm-count test for another day.

A HUNK OF DARK CHOCOLATE 91 BPM
The claim: This dating staple gives you the same high that you get after sex.
Our results: *FHM* guinea pig's feeling randy, with a rocketing heart rate and some unnerving giggling.
The science: Loads of libido-raising stuff is in this, including phenylethylamine, which causes the release of those "I'm so happy" sex endorphins. We definitely saw them work their magic here. A real winner.



FHM guinea pig Mark, 26. Resting heart rate: 72 BPM

SWEET, SWEET HONEY 90 BPM
The claim: Hippocrates prescribed his Greek patients honey as a way to ramp up their bedroom mojo.
Our results: His ticker is beating like a happy hardcore bass drum.
The science: It contains B-vitamins and the mineral boron, ideal for bumping up your testosterone.

SALACIOUS ASPARAGUS 72 BPM
The claim: In 19th-century France, grooms were served three courses of these green spears before their wedding nights.
Our results: FHM guinea pig's heart is unchanged, and he seems more interested in pretending he's holding a long floppy cigar than noticing our sexy assistant.
The science: Not a great deal. Experts claim that asparagus gets the human mind racing with its "phallic" shape. But in our books if this reminds you of your willy, you shouldn't taking your kecks off for anyone but your GP.

TROUSER-TIGHTENING MACA 76BPM
The claim: Revered as a herbal Viagra in Brazil, where over a third of retirees are still doing it three times a week.
Our results: Opening this bottle of pills released a whiff akin to your nan's living room, potent enough to kill any boner in a 28km radius.
The science: Not clear, with so many reports stating it's a winner and many completely refuting its sexy claims. All we know is, we saw zero effect. Oh, and maca is used as a laxative, too…

WORDS: MARC GATFORD. PHOTOGRAPHY: MARCO VITTUR. MODELS: BRYONY HAIGH AND MARC GATFORD. MAKEUP: EMILY BILVERSTONE. STYLIST: LOIS GASKIN-BARBER. PROPS: CHAIR, HABITAT.CO.UK